



# Current Issues in Prayer

November 2014

Welcome! The Pope invites people of different faiths to come together and pray:

## That all who suffer loneliness may experience the closeness of God and the support of others



### Getting started:

I stay still and comfortable, listening to the sounds around me. As I feel at home with myself, I sense God's nearness. I take some time to enjoy God's presence in solitude. Now I become aware of the beautiful things and people around me.



### Short story:

Jan stood alone observing other children. He scanned their faces to see if anyone was smiling at him. He feared he would find none. To relieve himself of the anxiety, he remembered mum saying that he was old enough not to fear being alone. But he wished he had never needed to change school.

Jan has just turned eight. He lives with his sister and his mum. Dad works abroad. As Jan entered the new classroom, the teacher showed him his place and made a sign to the other students. Jan's fear instantly melted into a pleasant surprise as the other children cheerfully acted out a welcome activity they had previously prepared very well. Jan no longer remembered the fear and loneliness he had come to school with. For the moment, he felt happy!

Jan was accustomed to feeling afraid and alone. He also used to imagine his dad at work abroad feeling all alone. In his night prayers, he would also pray that his dad would not suffer from loneliness. And he found rest in these prayers.



### Time to reflect:

What do you think made Jan feel anxious?

Do you know of other situations where people suffer because they don't find a smiling, friendly face?

Do you agree with Jan's mum that we should not fear being alone?



### Let us pray:

God our Lord, relieve us from our fear of solitude. Lead us to feel the joy of your presence, especially when our dear ones are away or just emotionally distant. Dear Lord, please take care of the persons we miss.



### Inspiration:

A lonely day is God's way of saying that he wants to spend some quality time with you.

Criss Jami



### Hands on:

If I ever feel alone, I call to mind that the silence of solitude gives me time to be thankful for things and persons I often take for granted. A thankful heart leads to peace and joy.