

True prayer is not in the sound of the voice, or in the recitation of many, many prayers, but in the *desire* which comes forth from the hidden chambers of our hearts. It is not our words but our *desires* which give power to our cries in God's most secret hearing. If we ask for eternal life with our lips *without desiring* it from the bottom of our hearts, our cry is a silence to God. If, *without speaking*, we desire eternal life from the bottom of our hearts, our *silence cries out*, and God hears us. □



The Junior Monks building the cloister fence.

If we keep this vision in our hearts and minds,
we need have no fear about
our customary
Christmas preparations —
they will all be in proper focus,
and true peace and joy
will be in our hearts!

