

# S. Jeron Osterfeld OSB

## Prayer Highest Priority for Sisters

As Sisters of St. Paul's Monastery, we engage in a variety of ministries in the Church, but without a doubt, prayer is the most important for us. Why?

Prayer empowers us for ministry, energizes us for life and fortifies our faith, hope, and love which affects who we are and what we do. Our founder, St. Benedict, directs those of us who follow his Rule to work and pray always, giving praise to God and interceding for all God's people. We do this primarily by praying the Liturgy of the Hours, formerly known as the Divine Office, the official prayer of the church.



Three times a day, we pause in our daily activities to sing God's praises and intercede for God's people. These times of prayer are Morning, Midday and Evening Praise, each consisting of psalms, hymns, canticles, scripture, and silent meditation. The Psalms, the prayer book of the Old Testament, encompass every human need. The scripture readings are the inspired Word of God. They lend themselves to quiet, prayerful reflection. The Lord's Prayer gives us the opportunity to pray for our own needs and those of others, as well as to restore peace and harmony among God's people.

The Liturgy of the Hours, the official prayer of the Church, sanctifies our entire day. It is the prayer of God's People and it is for God's People throughout the world. Small wonder that prayer is our most important ministry.