



1. Silence of the eyes
2. Silence of the ears
3. Silence of the mouth
4. Silence of the mind
5. Silence of the heart

Those five silences are a mystical path open to all. Her life is not only “admirable” but highly “imitable”. -Missionaries of Charity Fr. Brian Kolodiejchuk  
In Saint Mother Teresa’s own words:

“To make possible true inner silence, practice:

**Silence of the eyes**, by always seeking the beauty and goodness of God everywhere and closing them to the faults of others and to all that is sinful and disturbing to the soul.

**Silence of the ears**, by listening always to the voice of God and to the cry of the poor and the needy and closing them to all other voices that come from fallen human nature, such as gossip, talebearing, and uncharitable words.

**Silence of the tongue**, by praising God and speaking the life-giving Word of God, that is the truth that enlightens and inspires, brings peace, hope, and joy; and by refraining from self-defense and every word that causes darkness, turmoil, pain, and death.

**Silence of the mind**, by opening it to the truth and knowledge of God in prayer and contemplation, like Mary who pondered the marvels of the Lord in her heart, and by closing it to all untruths, distractions, destructive thoughts, rash judgments, false suspicions of others, vengeful thoughts, and desires.

**Silence of the heart**, by loving God with our heart, soul, mind, and strength; loving one another as God loves; and avoiding all selfishness, hatred, envy, jealousy, and greed.”

~Saint Mother Teresa of Calcutta



# Be **LED** by the **HOLY SPIRIT** this Lent

To remind us all how we are to live this Lent, recall how the Holy Spirit led Jesus out into the desert, where for 40 days and nights, he prayed and fasted, was tempted and gave us all the greatest alms: the graces of salvation and sanctification, of definitive and transforming union with him. What greater alms could he have given us?

Following and invoking St. Augustine and so many other great saints, let us meditate on how “the Holy Spirit LED Jesus to the desert.” When Jesus was transfigured, God the Father said, “This is my Son, the Beloved, Listen to him!” What better advice could we receive, what greater plan of life could we hear than this? By listening to him, we learn and live and love as Jesus, the Way, the Truth, and the Life, does. Under his inspiration, guidance and help, our understanding, life and love become a sharing in divine wisdom, heroic life and sacrificial love.

The Way to such eminent gifts is Jesus, who founded the Church, who instituted the Sacraments, and who remains with us in the EUCCHARIST, “the source, center and summit to Christian life,” our incarnated source, essence and model of spiritual life.

Our Prayer must become adoration of Jesus, our thoughts Christ-centered, our hopes Christ-fulfilled. Our confidence in Jesus must become unlimited: our help is in the name of the Lord – who made heaven and earth. Before the Eucharistic presence of Jesus, what greater promise could we hope for than his urgent, reiterated invitation to:

*“Ask and it will be given to you, search and you will find, knock and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. Is there a man among you who would hand his son a stone when he asked for bread? Or would hand him a snake when he asked for a fish? If you, then, who are evil, know how to give your children what is good, how much more will your Father in heaven give good things to those who ask Him!” (Mt 7, 7-11)*

This Lent, let us generously respond, repeatedly each day to the divine urgency of Jesus’ invitation to unite ourselves with him in prayer, in sacrifice, and in love of neighbor.

We come to this point by DOCILITY to the Will and Providence of the Father, docility to Jesus, our Savior, docility to the love the Holy Spirit, through whose gifts we are sanctified. We totally depend on their continuing creation, graces and gifts. At the Marriage Feast of Cana, Mary not only gave the waiters, but gave each and every human being the best advice any purely human being ever gave another: “Whatever he tells you to do, DO it!”



**LISTEN** *and on the* **ESSENTIAL** **DEPEND**

MELLAN, Claude. 1649 Engraving of the Holy Face