

We need to pray with a certain depth so we are not just rattling off prayers. Vocal prayers, liturgical prayers are important but there must be a desire on our part to reach the depths of God, depths which we can never exhaust. We can, however, always go deeper and deeper into His mysteries and understand them more fully - at least enough to be guided by them and to apply them in this life.

We pray in depth for two reasons, to give God the adoration that He deserves from us, and to ask for the help we need to overcome our various problems and challenges.

The Church honours Our Lady of Mount Carmel. Under this image we think of the strength and stability of her prayer and general response to God.

Some think that religion is disappearing as indicated by falling attendances. People can leave the Church but that does not in any way diminish the truth of the Gospel, or the need for the Church to exist.

Mary certainly is not diminished in her glory and the role she has been given to play.

We re-assert her importance in God's sight. Her rock-like faith will strengthen the waverers and keep us focused on the task at hand.

We hold firm as we stay close to the 'mountain', the focal point of our faith. Here on the mountain is found God's presence and Our Lady's mediation.

This mountain will not fall at the first breeze of secularism or falsehood. Neither shall we, the members of the Church.

We will not compromise our beliefs but will hold them and use them to bring about the sort of conversion required.

Coming from a position of strength, we do not accept defeat, nor disappearing conveniently for the secular powers; instead we pray for the true light to reveal to the world the futility of living for this life alone (cf Mk 8,36).

We cannot fix everything immediately; the wounds are too deep. We need much prayer and faithful living to win others over. The Legion has a major role to play in this regard.

Always we are hopeful, in the footsteps of St Paul. *We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body* (2 Cor 4, 8-10)

We pray for the best possible outcome, to save as many as possible, to reclaim morality especially as regards life and family matters.

Our Lady works for this and calls us to do her work. There is One God who deserves our attention. We pray to Him in the contemplative spirit of Our Lady of Mount Carmel.