

VACATIONS AND PRAYER

Pope Benedict XVI, Shepherd of Truth

Notable quotations from Pope Benedict XVI and official teachings
of the Roman Catholic Church

“THE OFTEN FRENZIED PACE OF LIFE”

In the world in which we live, the need to be physically and mentally replenished has become as it were essential, especially to those who dwell in cities where the often frenzied pace of life leaves little room for silence, reflection and relaxing contact with nature.

“GIVE EVEN MORE TIME TO PRAYER”

Holidays are days on which we can give even more time to prayer, reading and meditation on the profound meaning of life in the peaceful context of our own families and loved ones.

“UNIQUE OPPORTUNITIES”

The vacation period affords unique opportunities for reflection as we face the stirring views of nature, a marvellous “book” within reach of everyone, adults or children.



“CONTACT WITH NATURE”

In contact with nature, individuals rediscover their proper dimension, they recognize that they are creatures but at the same time unique, “capable of God” since they are inwardly open to the Infinite.

“HEARTFELT NEED FOR MEANING”

Driven by the heartfelt need for meaning that urges them onwards, they perceive the mark of goodness and divine Providence in the world that surrounds them and open themselves almost spontaneously to praise and prayer.

TURN TO MARY

Let us ask the Virgin Mary to teach us the secret of silence that becomes praise, of recollection that is conducive to meditation, of love for nature that blossoms in gratitude to God. Thus, we will more easily be able to welcome the light of the Truth into our hearts and practice it in freedom and love.

“DRAW CLOSER TO THE LORD”

May the summer holidays be a period of rest and an opportunity to draw closer to the Lord in gratitude and prayer.

(Source: “First Angelus in the Mountains”, Les Combes, Italy, 7/17/05)

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