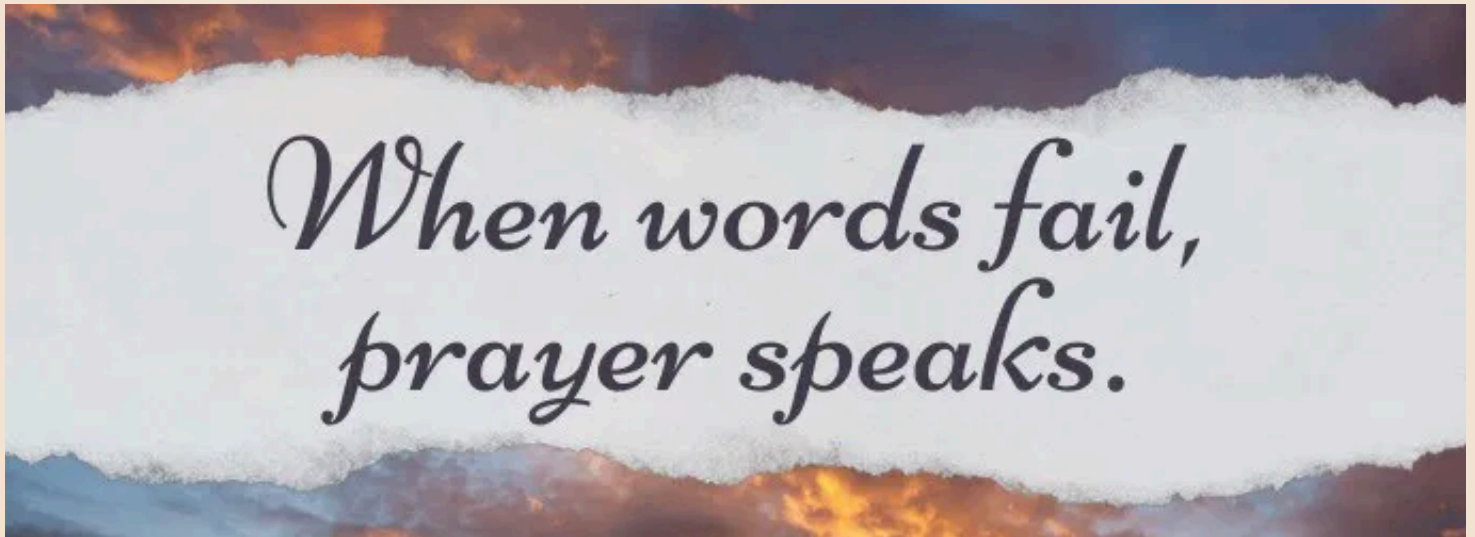


From the Chaplaincy



Prayer as the Language of the Heart

Fr. Francis Ongkingco

"Ang hindi marunong magmahal sa sariling wika ay higit pa sa hayop at malansang isda." With these powerful words, our national hero, Jose Rizal, reminds us how important it is to guard and treasure the gift of our national language.

Language is not only a means to communicate, it is a dynamic reality that transmits the wealth of one's cultural heritage. Through it we also give ourselves as gifts to enrich and explore our world culture.

Our language with God is prayer! And its words and grammar comes from our hearts. This is why each one's prayer is unique and valuable before God. It is a silent dialogue that opens to God about one's life and dreams.

In this national month of the Filipino language, may we, too, discover and delve into the treasure and adventure that is prayer, enriching our spiritual vocabulary and style, so that every day we can communicate to God and strengthen others through the gift and beauty of our life through prayer.

May we be encouraged by St. Josemaría's advice, when the language of prayer seems to be difficult: "You say that you don't know how to pray? Put yourself in the presence of God, and once you have said, 'Lord, I don't know how to pray!' rest assured that you have begun to do so. (The Way no. 90)