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# Capuchin Vocation Update Province of St. Joseph

## Praying with a Compass

by Br. Parker Tiffany

(Parker is currently in the Inter-Provincial Capuchin Novitiate at St. Conrad Friary near Pittsburgh, Pennsylvania. He is originally from Traverse City, Michigan and is now in his second year of formation.)

Prayer can take us to the highest mountain tops, lowest valleys and everywhere in between. We can make stops, stay in drive, go in reverse or set our prayer to “cruise control.” With all this being said, one’s prayer can lose focus, desire and direction. This is why I need a prayer compass. My compass keeps me focused on why I pray, for what I need to pray, and provides guidance towards selfless prayer. It is very dangerous, at least for me, to look at prayer as a chore and not something beneficial to my life and to the lives of others around me.



The prayer compass works like this: I have replaced the points North, South, East, and West with four other words that begin with the same letter; each word acts as a focus for my prayer. North is replaced with Neighbor. I am reminded to pray to love my neighbor, to be aware of their needs and ultimately to love them as myself. South is replaced with Song, which reminds me to give praise and gratitude to God. East is replaced with Emptying, which reminds me to ask for the grace to let go of my wants and of embracing what God wants for me. West is replaced with Work, which reminds me to pray for the strength of persevering in service to God’s Kingdom. As I move on through my year of novitiate, which is a time for healthy introspection, it is nice to know that I have a compass that helps me to move forward in my prayer. What I love most about praying with my compass is that it pushes me outside of my needs and wants in order to focus on others and God.

**Neighbor** – focus on others

**Emptying**– focus on God’s will

**Work** – focus on service to God’s Kingdom

**Song** – focus on praise and gratitude



2009/2010 NAPPCC Novitiate Class



### Upcoming Vocation Weekends

- Feb. 26-28 Milwaukee Ministry and Discernment Weekend
- March 12-14 Pre-Postulancy Information Weekend  
Milwaukee, WI
- April 1-4 Triduum Retreat

Reservations are required to attend the weekends.

New inquirers are welcome!

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