

Iowa Retreat: END IN PRAYER AND LEAVE IN SILENCE; try to be as quiet as possible tonight and tomorrow morning; car...

I. Intro

a. Privilege, home: RCIA my favorite ministry in 27 years of work - *wait it, hungry - frozen chosen*

b. Thank you all for sacrifice to be here, make time for God

c. Thank you to Faye and all those who invested so much energy and time and love into this event - *Beauty of Tables!!*

d. These hours we will be together are dedicated to one goal: encountering Jesus Christ, author and finisher of our faith

I. A pause from life to go a little deeper: give you a different lens to see life with: LENS OF FAITH

II. Encourage you to every day take the next best step forward in faith

III. Abbot and Costello: "Slowly I turned ... step by step ... inch by inch"

e. We will encounter Jesus: Through fellowship with each other, through song and prayer, through quiet and eating, through reflections I will offer and through small group conversation -

f. "Where two or three - or 66 - are gathered together, there I am in the midst of them" - *it is in our midst*

g. Key disposition for retreat is openness: WHAT DOES GOD want for me? I am open. What do you want? Tell God.

Simple

*Jesus not
CAF AND
C + Sponsors of Term members*

*- Pause TO
- Encourage
- Patiently TO RECEIVE
HARS*

*JESUS LOVED
EAT + PRAY*

Jesus says -

*2 words SUM
up: LET
GO
(white knuckled
guy)*

→ give my notes to Pope @ end

- h. **Take notes** – not just ideas you hear, but insights you receive, things that are stirred up inside, good, bad or ugly ☆
- i. Tonight we will begin with some **sacred music** to enter God's presence and invoke His blessing ☆
- j. I ask that you **leave after FINAL prayer in silence** and try as best you can to **maintain a spirit of silence** the next 18 hours – **no car radio, no TV, internet, etc unless necessary** ☆

READY? TURN OVER TO MUSICIANS

SLIDE

- k. **Retreat!** Military language: when battle fierce, losing ground, need to regroup, refocus, rearm, and re-strategize.
 - I. **Back to center**, re-stand on **foundation**, re-locate life-giving **wellsprings** --- **busy, busy, busy** can lead you to **forget** what is most important in life; distract you from what is **hard to face**, *BUT necessary*
 - II. **JESUS to disciples**: "Come apart with me for a while and rest"
 - III. Ask again **Big Three**: Where come from, Where going, How get there?
 - 1. **Unexamined life not worth living**: What is it you seek, desire, pursue, **What Gets You Up** ?

- Daughter + Letter

Pedro Arrupe: *gives you joy*
 Nothing is more practical than finding God, than falling in Love in a quite absolute, final way. What you are in love with, what seizes your imagination,

will affect everything. It will decide what will get you out of bed in the morning, what you do with your evenings, how you spend your weekends, what you read, whom you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in Love, stay in love, and it will decide everything.

I. Make ~~them~~ ^{REDEAR} throughout life!!

- Mwi me every morning 5:00 - 6:00 A.M.

^{even} **Businesses do them:** sources of creativity, return to mission, vision

m. How to?

I. A retreat really requires leaving the familiar to encounter the strange

- perspective re-alignment w/ grace of God

II. Relax, let go entrance to Church – “leave here all worldly cares”, give yourself permission to just “be” for a while...to be fed, “be with”, surrender everything and everyone to God as we start (**call to mind concerns, anxieties, distractions & hand them over**).

III. St. Iggy's *Suscipe* (Latin for receive) – Prayer ^{Just now}
Take, Lord, and receive all my liberty, my memory, my understanding and my entire will. All I have and call my own, You have given to me; to you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me.

n. Even as you come with confidence that God will act WHEN give him time, let go of specific expectations even as you petition God for graces: LET IT BE; fiat; → sometimes scream

I. Operation of grace in soul mostly cannot be felt – but inasmuch as we open to God in faith and trust he will infallibly act. – An insight, strength, peace, ETC.

→ what does God wish to do? MAKE us like HIS SON

II. Greatest graces of a retreat often come days or weeks after a retreat

1. After my 8 Day retreat: when ask you how your retreat was: ask me in a year.

2. Conserve the graces you receive and afterwards don't cease to ask God to "bring to completion ~~of~~ the good work he has done in you"

Desert + Silence

II. Why Silence:

"BE STILL + KNOW" from Psalm 46

Psalm 46:8-11: The Lord of hosts is with us:

the God of Jacob is our stronghold.

Come, consider the works of the Lord,

the redoubtable deeds he has done on the earth.

He puts an end to wars over all the earth;

the bow he breaks, the spear he snaps.

(He burns the shields with fire.)

"Be still and know that I am God,

supreme among the nations, supreme on the earth!"

BE STILL AND KNOW....

a. "My grandfather: ^{he} be silent or say something better than silence"

b. Point of this talk: Encourage your growing in spiritual maturity: ARGUMENT: the cultivation of silence is

- give me peace
- clarity
- strength
- patience
- forgiveness
- hope
- joy
?

something
all well
BROWN
love

2 things
Boudie

↳
center

prayer, fasting, Lent

foundational practice; Lent puts a major focus on it.

FASTING is not just from food.

*NOISE
DISTRACTION
1000 ATTACHMENTS
→ freedom*

- I. Especially prayer, as we will see in the morning, requires practice of silence

c. HOWEVER: a talk on silence seems ironic!

oo

III. **Video:** Every Lent I give up my radio in the car. TOUGH!

a. 21P (March 31) - ALT ROCK, Schizo pop → exposes some of

*social ills →
Deeply
in
unbearable*

b. **Video:** WORDS: marvelous allegory of the frightful journey into silence, which makes you face what is real; makes you think about reality, face deeper truths about yourself, others the world, God, life and death, etc.

*Wake you up
↳ agrees
Young man's
car radio
stolen →
now
car
silent*

I. **WATCH**

II. Talk, 5 minutes, at your table about what video said about silence

c. **SILENCE SLIDE:**

I. **A world of noise and the fear of silence**

II. Noisiest culture in human history, culture of distraction, entertained to death, obsessive business, no time to just be, to just sit

*Stripped of all
distraction
↳ reason
↳ strike
↳ 10 minutes
↳ snatched*

1. Assisted Care: woman said: "No one has time to waste any more, to just have a cup of tea and reminisce" → XNS know those who visit

*Pop: you don't
have to
justify your
existence*

III. Terrified of being quiet, alone: two inescapable realities *God + self*

visit

IV. Terrified on the other side of silence is Nothing

*woman who is compulsive talker
one said to her: you know why
it talks so much? afraid*

go hand in hand

V. **YET: Silence and intimacy:** Grandparents in ACF room, silently holding hands; MAN AT **BMERRILS**

VI. In the silence, **subconscious** upwells

undisrupted silence

VII. **Key: 30 minutes per day, write.**

1. More and more, in the last 10 years, they express the difficulty of doing this; technological additions make practicing quiet more difficult

→ Mental Health requires Praxis silence/quiet

VIII. **2012 study, led by Harvard researchers at Massachusetts General Hospital (MGH), found that practicing daily quiet for only 8 weeks actually significantly changed the brain's grey matter** — a major part of the central nervous system that is associated with processing information, as well as providing nutrients and energy to neurons. After spending an average of about 27 minutes per day practicing quiet meditation, the participants showed an increased amount of grey matter in the hippocampus, which helps with self-awareness, compassion, and introspection. In addition, participants with lower stress levels showed decreased grey matter density in the amygdala, which helps manage anxiety and stress.”

time permitted

IX. **MOVIE:** Into Great Silence: my children

2
d. What is silence

I. **Superficial:** Absence of noise, distraction: good start.

II. **Bad:** silent treatment; keeping silent when should speak

III. **Essential:** → *Spartan*

1. Inner disposition, openness, vulnerability, receptivity

2. **Quiet** = Focus, simplify

3. **Mindfulness:** Awareness of immediate surroundings

a. Attentiveness to present moment ↗

4. **My favorite:** diminishment of interference

5. **Prophet Samuel:** "Speak, Lord, your servant is listening."

→ *Zygnent → J P 2*
IV. **NEED SILENCE TO HEAR GOD**

1. **Mother Teresa:** "We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls."

Zygnent + J P 2
V. **BUT SOMETIMES QUIET IS VIOLENT:**

1. Nouwen: "As soon as we are alone in silence, inner chaos opens up in us. This chaos can be so disturbing and so confusing that we can hardly wait to get busy again. Entering a private room and shutting the door, therefore, does not mean that we immediately shut out all our inner doubts, anxieties, fears, bad memories,

unresolved conflicts, angry feelings and impulsive desires. On the contrary, when we have removed our outer distraction, we often find that our inner distractions manifest themselves to us in full force. We often use the outer distractions to shield ourselves from the interior noises. This makes the discipline of solitude all the more important."

Handwritten notes: "Xmas 75" and "REAL" with a scribble.

a. **IMPORTANT link of silence to prayer:** what rises to the surface in silence becomes the content of our offering to God

Handwritten note: "Heavy Angel" with a scribble.

VI. **Thoreau:** The mass of men lead lives of quiet desperation, and what is called resignation is confirmed desperation."

1. **DESPERATION** is a "space" where God wishes to dwell, to be invited, not to be kept at bay

2. God **doesn't just dwell in our "happy places"** but **also** in those places of darkness, fear, anxiety, hopelessness, desperation --- that's why God became human (Jesus), TO enter all those spaces of darkness and shine His light!

Handwritten notes: a cross symbol, "Psalms", and "why God?"

a. HE LIVED UNDER the shadow of suspicion, fear, judgment, rejection, abandonment, pain, death.

3. He filled all these places with His healing, life-giving presence – with his love and mercy and light and peace and truth and justice. WITH HOPE

4. He did this 2000 years ago so that He could do it again right now. In you. For you.

Handwritten mark: a small circle with a dot inside.

Arizona

- 2. The desert: BEEN? SILENT! SOLITUDE! HORIZONS!
 - a. FASTING: stripping yourself of 1000 addictions and attachments, becoming free.

IV. Desert in Scripture?

a. From the desert nomad Abram to the desert prophet John the Baptist to Jesus himself, and then the monastic procession of men and women into the deserts of the world

I. A place of solitude, simplicity, deafening quiet

II. He was with the WILD BEASTS!

1. Sin, death, fear, temptation, despair; a place of refining and purifying; a place of springs and oases and new birth; the haunt of demons and of unexpected encounter with an uncontrollable God; a place of solitude and community; of silence and whispering voices; of fire and smoke; of violence and danger, hunger and thirst, where trust is learned along a pilgrim journey...

IN BIBLE

HOPE

PEACEFUL

- All props drop

V. **Desert ALSO A SYMBOL of the heart:** one of the great gifts of monasticism to Church is discovery of the...

a. Interiorized desert; the human heart is & can be all these things.

I. Portable Hermitage

→ w/ solitude in busy day small self in world in Eucharist

b. **Heart:** → NOT UNDESIGNED EMO

- I. **inwardness** in its totality
- II. **Core** of our identity
- III. deep

IV. place of **mystery**:

5. He only **needs your permission**, which is a marvelous **definition of prayer and the purpose of silence**: to grant permission for God to enter.

6. "I stand at the door and knock. If anyone hears my voice and opens the door, I will enter in and Sup with him and he with me." (Rev 2:4ff).

VII. **Leading to tomorrow...**The fruit of Silence is prayer. The fruit of Prayer is faith. The fruit of Faith is love. The fruit of Love is service. The fruit of Service is peace.

e. Cultivating silence

I. Daily: morning best

II. Brief, increase (5 minutes, increase)

STAND!

f. Jesus' silence — into desert w/ Him

I. After His baptism in the Jordan river, which inaugurated His public ministry and mission, Mark's Gospel tells us something remarkable

1. 1:9 It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. 10 On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. 11 And a voice came from the heavens, "You are my beloved Son; with you I am well pleased." 12 At once the Spirit drove him out into the desert, 13 and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

Leaf

↳ enter into silence
purpose temptation → in the prayer
write Jesus

1. **Mystery: hidden secret of a person: Only God has inside access**
2. **The mystery of another's heart cannot be coerced, dissected, controlled, manipulated – only received** *Revelation freely +*
3. In heart God reveals his mystery and invites us to reveal our mystery

V. Jeremiah's "**more tortuous**";

VI. Goal of the Christian journey: **journey within**;

VII. **BAPTISM: TEMPLE: indwelling God, Symeon's fresh Paradise;**

VIII. **When you pray, go inside, shut the door and pray to your Father in secret...the room of the heart...alone with God**

c. **Place of mystery:** maybe that sums up silence's great gift: posture before mystery. God's mystery, which exceeds every word, thought, image, idea, argument – cannot be solved, *Welts our mystery* but only surrendered to... \$

VI. FR Moretti

a. State Department/CIA

b. His struggle with priestly vocation, too sinful, weak, unworthy, attached to a way of life:

I. Tunisia – director of US Embassy

II. Carthage beach, Mediterranean: praying – 1989

III. Everything went silent – hair stood on end, heard a voice:

IV. "My son, enter the mystery. Trust."

V. He went, and has been a priest for 21 years; chaplain for CIA/State Department

His life changed him of countless people = Because he was silent + surrendered

c. God invites you to make the same act of trust

*Worship
white -
convicted
grip*

d. What are your **struggles**; what **keeps you from going deeper**; from **saying yes**; from **trusting and letting go of control** or of **fear**; letting go of **mediocrity** or **sins** or **destructive habits** or **anger** or **hurts** or **un-forgiveness** or **grief** over some loss;

e. What keeps you from entering the mystery of God: Enter the mystery my son, my daughter: trust.

f. **LET US PRAY (LAST SLIDE)**