



Rest In Me

Session Notes

July - October 2020

What Each Session Includes...

- We Enter the Silence with a Breathing Prayer, or Chant
- Rest
- Breathe
- Center
- ... *Thoughts may come*
- Silence
- Chime
- Quiet Sharing
- Group Discussion
- Closing & Resources

Integrating Session Topics with the Practice of Silence

Specific topics with accompanying resources are prepared ahead of time for each week of the series. These are used as a secondary resources.

Because our practice is created to open our hearts to the messages of God and the Holy Spirit may bring, the quiet sharing will start with individuals sharing their experience or any topics coming up for them. This is voluntary, Anyone may speak, or pass.

Once that sharing is complete, the group will decide whether to continue on one of the topics that came up during the initial sharing, or move to the prepared topic.

Why we Start with "Love" as the first topic.

We Love Because He First Loved Us ~1 John 4:19



Teacher, which commandment is the most important?
Jesus answered:

"Love the Lord Your God with all your heart, with all your soul, and with all your mind. This is the first and greatest commandment. And the second is like it. Love your neighbor as yourself"

~Matthew 22:37-38

A photograph of a beach with waves and a clear blue sky, split into two halves by a diagonal line. The left half is a lighter, faded version of the same scene, while the right half is the original, vibrant image. The text is overlaid on the left, faded half.

Rest In Me

Session IV “My Patron Saint”

10 August 2020

Why we Enter the Silence with a Breathing Prayer, or Chant

We will begin our experience with a breathing prayer, a chant. Our breath will connect us bodily with the divine nature of the Sacred One Being that is the source of all breath. Sacred chanting is universally honored and acknowledged in the great spiritual traditions because it moves energy out of the head, into the heart. Many people have absorbed criticism about their voices – “your voice is no good, you can’t sing on pitch” – and have learned to shut down their true voices. The same things that make us protect and cover up our true voices, and therefore also cover up our hearing are the same things that make us shut down and cover up our true self, our hearing to life, and our hearing to God...As we learn we can do it, as we are willing to work through those old messages, a whole new field of healing and reconciliation opens up for us. God is breath. All that breathes resides in the Sacred One Being. From my breath to the air we share, to the wind that blows around the planet, Sacred Unity inspires us all. *God is Spirit and His worshipers must worship in the spirit and in truth.* ~ Jn 4:24

Rest

Lie or sit comfortably for a few minutes, feet shoulder width apart, and place one hand lightly over the heart. Without trying to change anything, simply notice the breath. There are many different moments in the breath’s journey; the feeling of it as it begins to come in, when it approaches fullness, as it briefly turns over, and then, when it begins to go out, when it approaches emptiness, and when it turns over again.

Breathe

Take a few deep, slow breaths, and let all the ideas, thoughts, and conversations swirling around in your head flow out of you as you exhale. Breathe slowly and deeply and you will relax ...slowly and deeply. At each twist and turn of the breath’s journey, our bodies respond in a particular way. We may also notice a presence or absence of sensation, thought, or emotion at a particular stage. We may feel that we want to stay longer in one part of the journey than another – the beginning, the middle, or the end. Simply notice all of these sensations without judgement for a few minutes. Now without particular awareness, take 5 deep and slow breaths. This awareness is not in the mind, it is in the heart

Center

Allow your attention to be in the core of your physical body, in your heart space.

There is spaciousness here to hold all your thoughts in loving awareness and without the need for the mind to cling to them. This space is receptive of a wide spectrum of energy that is not available to what your mind alone can sense. This space has its own subtle, loving energy. where your Being is whole and you are free to be your True Self. It is from this place that we begin our Silence. This silence can be an awareness of being suspended, held, and nurtured in a field of love. It is not in the mind. It is in the heart

.....*Thoughts may come.*

If you find yourself engaged with thoughts, simply release them as soon as you notice, breathe, and return to the heart space, to the awareness of the space of love, to the space of love. In some practices, you may have many thoughts arrive, Our intellect is a gift – and this is a practice. Simply bless and release them as soon as you notice them. The same with emotions or feelings that arise.

Sit

We will sit quietly for 20 minutes,

The leader will ring a chime at the end, and allow everyone to slowly come back to join the group. We will have soft discussion of topics that may have come up for us, always aware of the breath, of speaking from the heart.

Chime

At the end of 20 minutes, a soft chime will ring. Everyone will have a few minutes to slowly adjust from the quiet.



Sacred chanting is universally honored and acknowledged in the great spiritual traditions

*Seek God first.
Allow your attention to be in the core of your physical body, in your heart space, where the breath centers and connects our thoughts, physical sensations, emotions, and awareness and unites us with God*

Guidelines for Sharing after Silence

Emerging from the Silence

As each person emerges from the Silence, the leader quietly explains the next part of the session. We go around the room, one by one. If we choose, we can share a few comments about our experience, or topics that have come up for us. We do not comment on what has been shared, either as the person is sharing, or later, during discussions.

Listening

We simply listen deeply, from the heart, and do not speak. When it is our turn to speak, we try to stay connected to our heart space, and to be conscious of the energy there. We speak “from the heart.”

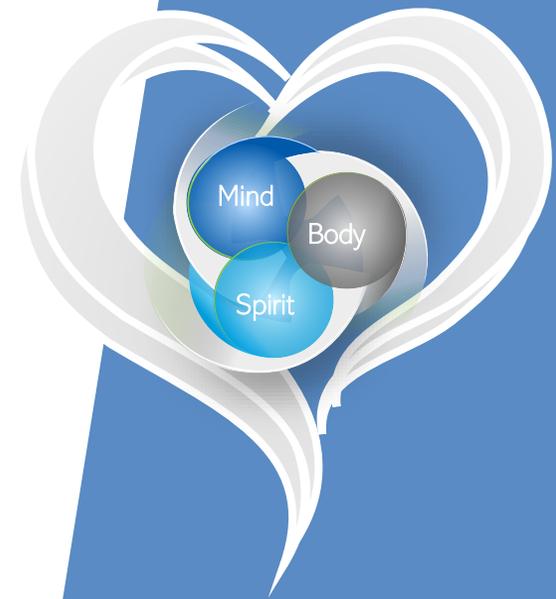
Sharing

Sharing moves around the room. At the end of sharing, the leader will ask the group whether they would like to discuss one of the topics that came up more deeply, or read from prepared, short readings. Content is prepared ahead of time, and the group may choose to share on the topics that came up, or on the prepared topic. If using the prepared topic

Please keep in mind...

- Participate with utmost clarity, and be mindful of the time
- Listen to others from the heart
- Accept each other completely as we are – non-judgemental
- Seek understanding, not agreement
- Maintain confidentiality and trust
- Speak from your own experience only, your lessons, or your understanding of how God or scripture are working in your life – not about ideas or theology
- Do not comment on what others have shared, give advice, or make suggestions
- Refrain from any interruptions, or from commenting directly to others when they are talking to start a conversation
- Refrain from sharing a second time, until all have had a chance to speak
- It's ok to be silent
- The leader has permission to gently remind the group if the discussion strays from these guidelines

We Love Because He First Loved Us ~1 John 4:19



Jesus, remember me

When you come into your kingdom



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*Seek God first.
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Discussion: Who is your patron saint?

IV

Saint Francis: He chose the name Francis after Saint Francis of Assisi because he wanted to be reminded of the challenge of the gospel to care for the poor. With the choice of his name, perhaps Pope Francis is saying to us that we have to accept the gospel and its challenges and as disciples of Jesus who walk with him in our daily lives, we have to live the gospel even when it is difficult. In his first encyclical, *Lumen fidei* (“*the light of faith*”), Pope Francis notes that Saint Francis of Assisi and Blessed Teresa of Calcutta were “mediators of light” to the suffering, bringing them the love and hope of the risen Christ¹.

What do you think about Pope Francis’ choice? Has the way he lives his commitment inspired you in any way?

We pray to **St Anne** to Be present in each moment, to be open to seeing God’s goodness, beauty, and loving hand in our day.. To be open to God’s will the way that she was..., to be able to wait with patience, perseverance in faith and hope, and with absolute trust in the Lord’s plan for us. Pray today for our relationships with our Lord...realizing that there are many times we fail to come to Him..that the love in our hearts will grow continuously for our Lord....to help us to remember that this world is our ship and not our home, and that we may keep our eyes focused on the Lord and on eternity in heaven...that He will teach me to love through His cross. We pray to her for help to remember God’s mercy and His love for us, and to help us pray, “Jesus I trust in you,” every single day.

*Have you ever sought assistance from your patron saint? If so, could you share that experience?
Have you ever sought assistance from another saint? Would you care to share that experience?*

“He is the man of poverty, the man of peace, the man who loves and protects creation.”

~ Pope Francis
Speaking to Journalists on
choosing his name
13 March 2013

1. <https://www.Vaticannews.va/en/pope/news/2020-05/pope-francis-general-audience-christian-prayer-intimate.html>

Discussion: Who is your patron saint?

Saint John Paul II: The virtue of diligence is to fulfill all of the responsibilities of our vocation or state in life. Diligence, or persistence, is the virtue that acts as counter to the sin of sloth. Some of the characteristics of sloth are boredom, apathy, confusion, sadness, ingratitude, disorganization, a lack of wonderment..and may also manifest as excessive busyness or constant activity (too busy for God). When we refuse to do holy things, and do only what pleases us, we grow sluggish and weakened spiritually. The best way to deal with this is to be persistent in prayer and accept the grace that the Lord desires to give us when the going gets tough¹.

Saint JP II was known for his dedication to God from the early years of his life, when he grew up in war-torn Poland, and became a priest during Communist rule; for his dedication to Therese of Lisieux and the Blessed Mother and Divine Mercy. How could this inspiration affect our lives?

Diligence in Action

Saint JP II gives us several inspirations for how to become more diligent.

1. Become diligent and passionate in your prayer life¹
2. Seek help from your patron saint, or the Blessed Mother, through prayer, sacrifice, and silence
3. Always seek to grow in your faith (study, conferences, groups, etc.)¹
4. Stand up for your faith and Share your faith with others

*As you consider these, are there any you're doing now that you can share your practice with us?
Are there any you'd like to do more frequently?*

1. Seven Saints for Seven Virtues: Jean Heimann; Servant Books/Franciscan Media; 2014, pp 35-50.

IV

Corporal Works of Mercy

.....

Feed the hungry

Give drink to the
thirsty

Shelter the homeless

Clothe the naked

Visit the imprisoned

Bury the dead

Spiritual Works of Mercy

.....

Admonish the sinner

Instruct the ignorant

Counsel the doubtful

Comfort the sorrowful

Bear wrongs patiently

Forgive all injuries

Pray for the Living & the Dead

9 August 2020

19th Sunday in Ordinary Time

Responsorial Psalm

PS 85:9, 10, 11-12, 13-14

R. (8) **Lord, let us see your kindness,
and grant us your salvation.**

I will hear what God proclaims;
the LORD — for he proclaims peace.
Near indeed is his salvation to those who
fear him,
glory dwelling in our land.

R. **Lord, let us see your kindness, and
grant us your salvation.**

Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from heaven.
R. **Lord, let us see your kindness, and
grant us your salvation.**

The LORD himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and prepare the way of his steps.
R. **Lord, let us see your kindness, and
grant us your salvation.**

Reading 1 [1 KGS 19:9A, 11-13A](#)

At the mountain of God, Horeb, Elijah came to a cave where he took shelter. Then the LORD said to him, “Go outside and stand on the mountain before the LORD; the LORD will be passing by.” A strong and heavy wind was rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind. After the wind there was an earthquake—but the LORD was not in the earthquake. After the earthquake there was fire—but the LORD was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave.

Reading 2 [ROM 9:1-5](#)

Brothers and sisters: I speak the truth in Christ, I do not lie; my conscience joins with the Holy Spirit in bearing me witness that I have great sorrow and constant anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh.

They are Israelites; theirs the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; theirs the patriarchs, and from them, according to the flesh, is the Christ, who is over all, God blessed forever. Amen.

Alleluia [CF. PS 130:5](#)

R. **Alleluia, alleluia.**

I wait for the Lord, my soul waits for His word

R. **Alleluia, alleluia.**

Gospel [MT 14:22-33](#)

After He had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while He dismissed the crowds. After doing so, He went up on the mountain by himself to pray. When it was evening He was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, He came toward them walking on the sea. When the disciples saw Him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear. At once Jesus spoke to them, “Take courage, it is I; do not be afraid.” Peter said to Him in reply, “Lord, if it is you, command me to come to You on the water.” He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, “Lord, save me!” Immediately Jesus stretched out His hand and caught Peter, and said to him, “O you of little faith, why did you doubt?” After they got into the boat, the wind died down. Those who were in the boat did Him homage, saying, “Truly, You are the Son of God.”