



# Rest In Me

Session Notes

July - October 2020

## What Each Session Includes...

- We transition from the day's events with quiet discussion as everyone joins. How is God working in My Life Today?
- We Enter the Silence with a Breathing Prayer, or Chant
- Rest
- Breathe
- Center
- ... *Thoughts may come*
- Silence
- Chime
- Quiet Sharing, Followed by More 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 2



# Rest In Me

Session VII “Silence Anytime”

7 September 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**



Ubi caritas et amor

Deus ibi est

Where charity (caring) and love are,  
There God is



*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*

## Discussion:

### What Do We Learn from “The Power of Silence” by Cardinal Sarah

#### **Cardinal Sarah writes:**

The transubstantiation of bread and wine into the Body and Blood of Christ, the most extraordinary, the most momentous transformation, occurs in the utmost sacred silence. We hear the priest pronounce the words of the consecration, but the miracle of transubstantiation comes about imperceptibly, like all the greatest works of God. Silence is the law of the divine plans.

Silence is not an absence. On the contrary, it is the manifestation of a presence, the most intense of all presences. In modern society, silence has come into disrepute; this is the symptom of a serious, worrisome illness.

The real questions of life are posed in silence. Our blood flows through our veins without making any noise, and we can hear our heartbeats only in silence.

*Do you agree, or disagree?*

*Through Sacred  
Scripture, when it is  
listened to and  
meditated upon in  
silence, divine graces  
are poured  
out on man*

*~ Cardinal Sarah  
The Power of Silence*

Discussion:

## What Do We Learn from “The Power of Silence” by Cardinal Sarah

### Cardinal Sarah writes:

“Silence is difficult, but it makes man able to allow himself to be led by God. Silence is born of silence. Through God the silent one, we can gain access to silence. And man is unceasingly surprised by the light that bursts forth then. Silence is more important than any other human work. For it expresses God. The true revolution comes from silence; it leads us toward God and others so as to place ourselves humbly and generously at their service”

*How does this relate to your practice of Silence?*

### He also writes:

The silence of everyday life is an indispensable condition for living with others. Without the capacity for silence, man is incapable of hearing, loving, and understanding the people around him. Charity is born of silence. It proceeds from a silent heart that is able to hear, to listen, and to welcome.

Silence is a condition for otherness and a necessity if one is to understand himself. Without silence, there is neither rest nor serenity nor interior life. Silence is friendship and love, interior harmony and peace. Silence and peace have one and the same heartbeat.

*Have you ever considered that silence in your life might be “an indispensable condition for living with others?” Do you agree, or disagree? Why? Would you change anything in your own practice or life after considering this passage?*

*The greatest things are accomplished in silence—not in the clamor and display of superficial eventfulness, but in the deep clarity of inner vision...Spiritual conception happens when the heart is quickened by love, and the free will stirs to action. The silent forces are the strong forces. Let us turn now to the stillest event of all, stillest because it came from the remoteness beyond the noise of any possible intrusion—from God. —*

~ Romano Guardini, *The Lord*<sup>1</sup>

1. Cardinal Robert Sarah with Nicholas Diat, “The Power of Silence,” San Francisco, CA, Ignatius Press, 2017



Discussion:

What Do We Learn from others trying to be in “Silence”? You are in good company...

### Cardinal Sarah writes<sup>1</sup>:

All voices must decrease in the measure that one advances in the knowledge of Christ. The more wisdom reveals itself to us, the less we need the voice; the voice in the depths, the voice in the Apostles, the voice in the psalms, the voice in the Gospel. Let him come the Word who was at the beginning! The Word who was God

*After I read this, I changed something I was doing when I interact with others. What does this mean to you?*

### Father Marie-Eugene de L’Enfant Jesus writes<sup>1</sup>:

God speaks in silence, and silence alone seems able to express Him. For the spiritual person who has known the touch of God, silence and God seem to be identified. And so, to find God again, where would he go, if not to the most silent depths of his soul, into those regions that are so hidden that nothing can any longer disturb them? When he has reached there, he preserves with jealous care the silence that gives him God. He defends it against any agitation, even that of his own powers.

### Cardinal Sarah writes<sup>1</sup>:

Silence is not an absence. On the contrary, it is the manifestation of a presence, the most intense of all presences.

*What could this mean for you? For your relationships? Embracing this idea, would it change how you go about your day?*

*God achieves everything, acts in all circumstances, and brings about all our interior transformations. But he does it when we wait for him in recollection and silence.*

~Cardinal Sarah  
The Power of Silence

*‘If he is not edified by my silence, he will not be edified by my speech.’*

~Abba Pambo  
The Sayings of the Desert Fathers<sup>2</sup>

1. Cardinal Robert Sarah with Nicholas Diat, “The Power of Silence,” San Francisco, CA, Ignatius Press, 2017
2. Various authors, “Sayings of the Desert Fathers: Abba Pambo,” Orthodoxwiki.org, [https://orthodoxwiki.org/Sayings\\_of\\_the\\_Desert\\_Fathers#Abba\\_Pambo](https://orthodoxwiki.org/Sayings_of_the_Desert_Fathers#Abba_Pambo)

## Discussion:

### What Do We Learn from “The Power of Silence” by Cardinal Sarah

#### He also writes:

At the heart of man there is an innate silence, for God abides in the innermost part of every person. God is silence, and this divine silence dwells in man. In God we are inseparably bound up with silence. The Church can affirm that mankind is the daughter of a silent God; for men are the sons of silence.

God carries us, and we live with him at every moment by keeping silence. Nothing will make us discover God better than his silence inscribed in the center of our being. If we do not cultivate this silence, how can we find God? Man likes to travel, create, make great discoveries. But he remains outside of himself, far from God, who is silently in his soul. I want to recall how important it is to cultivate silence in order to be truly with God. Saint Paul, drawing on the Book of Deuteronomy, explains that we will not encounter God by crossing the seas, because he is in our hearts:

*“Unless silence dwells in man, and unless solitude is a state in which he allows himself to be shaped, the creature is deprived of God. There is no place on earth where God is more present than in the human heart. This heart truly is God’s abode, the temple of silence.”*

It is not enough to be quiet, either. It is necessary to become silence.

*Does this relate to your own experience? If so, how?*

Through Sacred Scripture, when it is listened to and meditated upon in silence, divine graces are poured out on man

~ Cardinal Sarah  
The Power of Silence

The greatest things are accomplished in silence—not in the clamor and display of superficial eventfulness, but in the deep clarity of inner vision...Spiritual conception happens when the heart is quickened by love, and the free will stirs to action. The silent forces are the strong forces. Let us turn now to the stillest event of all, stillest because it came from the remoteness beyond the noise of any possible intrusion—from God. —

~ Romano Guardini, The Lord<sup>1</sup>

1. Cardinal Robert Sarah with Nicholas Diat, “The Power of Silence,” San Francisco, CA, Ignatius Press, 2017

**13 September 2020**

24th Sunday in Ordinary Time

**Responsorial Psalm**

**PS 103: 1-4, 9-12**

**R. (8) The Lord is kind and merciful,  
slow to anger, and rich in compassion.**

Bless the LORD, O my soul;  
and all my being, bless his holy name.

Bless the LORD, O my soul, and forget not  
all his benefits.

**R. The Lord is kind and merciful, slow to  
anger, and rich in compassion.**

He pardons all your iniquities,  
heals all your ills. He redeems your life from  
destruction, crowns you with kindness and  
compassion.

**R. The Lord is kind and merciful, slow to  
anger, and rich in compassion.**

He will not always chide, nor does he keep  
his wrath forever. Not according to our sins  
does he deal with us, nor does he requite us  
according to our crimes.

**R. The Lord is kind and merciful, slow to  
anger, and rich in compassion.**

For as the heavens are high above the  
earth, so surpassing is his kindness toward  
those who fear him. As far as the east is  
from the west, so far has he put our  
transgressions from us.

**R. The Lord is kind and merciful, slow to  
anger, and rich in compassion.**

**Reading SIR 27:30 – 28:7**

Wrath and anger are hateful things, yet the sinner hugs them tight. The vengeful will suffer the LORD's vengeance, for He remembers their sins in detail. Forgive your neighbor's injustice; then when you pray, your own sins will be forgiven. Could anyone nourish anger against another and expect healing from the LORD? Could anyone refuse mercy to another like himself, can he seek pardon for his own sins? If one who is but flesh cherishes wrath, who will forgive his sins? Remember your last days, set enmity aside; remember death and decay, and cease from sin! Think of the commandments, hate not your neighbor; remember the Most High's covenant, and overlook faults.

**Reading ROM 14:7-9**

Brothers and sisters: None of us lives for oneself, and no one dies for oneself. For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's. For this is why Christ died and came to life, that he might be Lord of both the dead and the living.

**Alleluia EPH 1: 17:18**

**R. Alleluia, alleluia.**

I give you a new commandment, says the Lord:  
love one another as I have loved you.

**R. Alleluia, alleluia.**

**Gospel MT 18:21-25**

Peter approached Jesus and asked him, "Lord, if my brother sins against me, how often must I forgive? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times. That is why the kingdom of heaven may be likened to a king who decided to settle accounts with his servants. When he began the accounting, a debtor was brought before him who owed him a huge amount. Since he had no way of paying it back, his master ordered him to be sold, along with his wife, his children, and all his property, in payment of the debt. At that, the servant fell down, did him homage, and said, 'Be patient with me, and I will pay you back in full.' Moved with compassion the master of that servant let him go and forgave him the loan. When that servant had left, he found one of his fellow servants who owed him a much smaller amount. He seized him and started to choke him, demanding, 'Pay back what you owe.' Falling to his knees, his fellow servant begged him, 'Be patient with me, and I will pay you back.' But he refused. Instead, he had the fellow servant put in prison until he paid back the debt. Now when his fellow servants saw what had happened, they were deeply disturbed, and went to their master and reported the whole affair. His master summoned him and said to him, 'You wicked servant! I forgave you your entire debt because you begged me to. Should you not have had pity on your fellow servant, as I had pity on you?' Then in anger his master handed him over to the torturers until he should pay back the whole debt. So will my heavenly Father do to you, unless each of you forgives your brother from your heart."