



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

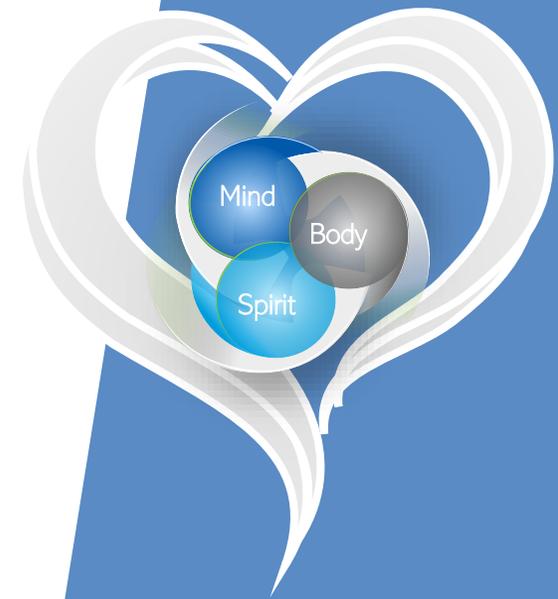
Specific topics with accompanying resources are prepared ahead of time for each week of the series. These are used as a secondary resources.

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



Rest In Me

Session II “Peace”

13 July 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.

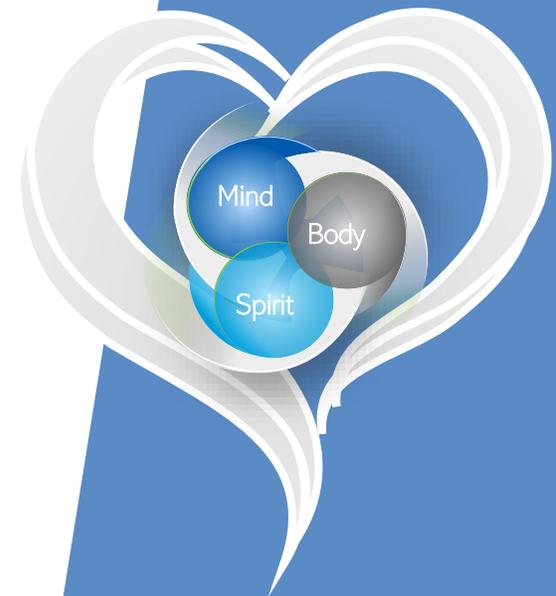
Sit

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



Discussion: Passages Taken from “Peace is a Journey of Hope¹”

Peace is a great and precious value, the object of our hope and the aspiration of the entire human family. Hope is thus the virtue that inspires us and keeps us moving forward, even when obstacles seem insurmountable.

What do these words mean to you?

“Every threatening situation feeds mistrust and leads people to withdraw into their own safety zone. Mistrust and fear weaken relationships and increase the risk of violence, creating a vicious circle that can never lead to a relationship of peace. .”

Pope Francis was talking about war when he made these statements. Is there ever a time when these things are present in our own lives? In our own emotions? In our own choices? What are our strategies for staying in peace when we're tempted with fear?

“The bible, especially in the words of the prophets, reminds individuals and peoples of God’s covenant with humanity, which entails renouncing our desire to dominate others and learning to see one another as persons, sons and daughters of God, brothers and sisters.

Is there anyone in your life who is hard to imagine as a brother or a sister? What could draw you closer to being able to imagine that? To move toward that, and possibly, to embrace them?

“We should never encapsulate others in what they may have said or done, but value them for the promise that they embody. Only by choosing the path of respect can we break the spiral of vengeance and set out on the journey of hope.”

How could we start to “value people for the promise that they embody?” What stands in our way? Who/what could help us with that?

“Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?” Jesus said to him, “I do not say to you seven times, but seventy times seven” (mt 18:21-22). This path of reconciliation is a summons to discover in the depths of our heart the power of forgiveness and the capacity to acknowledge one another as brothers and sisters. When we learn to live in forgiveness, we grow in our capacity to become men and women of peace.”

How have we experienced growing in love and forgiveness? When do we realize God has forgiven us? When do we realize that we have forgiven ourselves or others?

“Peace will not be obtained unless it is hoped for...In the first place, this means believing in the possibility of peace, believing that others need peace just as much as we do. Here we can find inspiration in the love that God has for each of us: a love that is liberating, limitless, gratuitous and tireless.”

How could we start to “hope for peace”? How can we help each other do that? Who do we reach out to when our hope is lost?

“The desire for peace lives deep within the human heart, and we should not resign ourselves to seeking anything less than this
~ His Holiness, Pope Francis 1 January 2020

1. “Peace is a Journey of Hope: Dialog, Reconciliation, and Ecological Conversion; Message of His Holiness, Pope Francis for the Celebration of the 53rd Day of World Peace; 1 January 2020.

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“Peace I leave with you,
My peace I give to you.
I do not give to you as
the world gives. Do not
let your hearts be
troubled; do not be
afraid.” ~ John 14:27

Lord, make me an
instrument of your peace
where there is hatred,
let me sow love
where there is injury, pardon
where there is doubt, faith
where there is despair, hope
where there is darkness, light
and where there is sadness, joy

O divine master, grant that I may
not so much seek to be consoled
as to console
to be understood, as to understand
to be loved, as to love
for it is in giving that we receive,
it is in pardoning that
we are pardoned,
and it's in dying that we are born
to eternal life. Amen

~St Francis de Sales

26 July 2020

17th Sunday in Ordinary Time

Responsorial Psalm

PS 119:57, 72, 76-77, 127-128, 129-130

R. Lord, I love your commands.

I have said, O LORD, that my part is to keep your words.

The law of your mouth is to me more precious than thousands of gold and silver pieces.

R. Lord, I love your commands.

Let your kindness comfort me according to your promise to your servants.

Let your compassion come to me that I may live, for your law is my delight.

R. Lord, I love your commands.

For I love your command more than gold, however fine. For in all your precepts I go forward; every false way I hate.

R. Lord, I love your commands.

Wonderful are your decrees; therefore I observe them. The revelation of your words sheds light, giving understanding to the simple.

R. Lord, I love your commands.

Reading 1 First Kings 3:5, 7-12

At Gibeon Yahweh appeared to Solomon in a dream during the night. God said, 'Ask what you would like me to give you.' Now, Yahweh my God, you have made your servant king in succession to David my father. But I am a very young man, unskilled in leadership. And here is your servant, surrounded with your people whom you have chosen, a people so numerous that its number cannot be counted or reckoned. So give your servant a heart to understand how to govern your people, how to discern between good and evil, for how could one otherwise govern such a great people as yours?' It pleased Yahweh that Solomon should have asked for this. 'Since you have asked for this,' God said, 'and not asked for long life for yourself or riches or the lives of your enemies but have asked for a discerning judgement for yourself, here and now I do what you ask. I give you a heart wise and shrewd as no one has had before and no one will have after you.'

Reading 2 ROM 8:28-30

Brothers and sisters: We know that all things work for good for those who love God, who are called according to his purpose. For those he foreknew he also predestined to be conformed to the image of his Son, so that he might be the firstborn among many brothers and sisters. And those he predestined he also called; and those he called he also justified; and those he justified he also glorified.

Alleluia CF. MT 11:25

R. Alleluia, alleluia.

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

R. Alleluia, alleluia.

Gospel MT 13:24-43 OR 13:24-30

Jesus said to his disciples:

"The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant searching for fine pearls.

When he finds a pearl of great price, he goes and sells all that he has and buys it. Again, the kingdom of heaven is like a net thrown into the sea, which collects fish of every kind. When it is full they haul it ashore and sit down to put what is good into buckets. What is bad they throw away. Thus it will be at the end of the age. The angels will go out and separate the wicked from the righteous and throw them into the fiery furnace, where there will be wailing and grinding of teeth.

"Do you understand all these things?" They answered, "Yes." And he replied, "Then every scribe who has been instructed in the kingdom of heaven is like the head of a household who brings from his storeroom both the new and the old."