



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 VI “Blaise Pascal”

17 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.

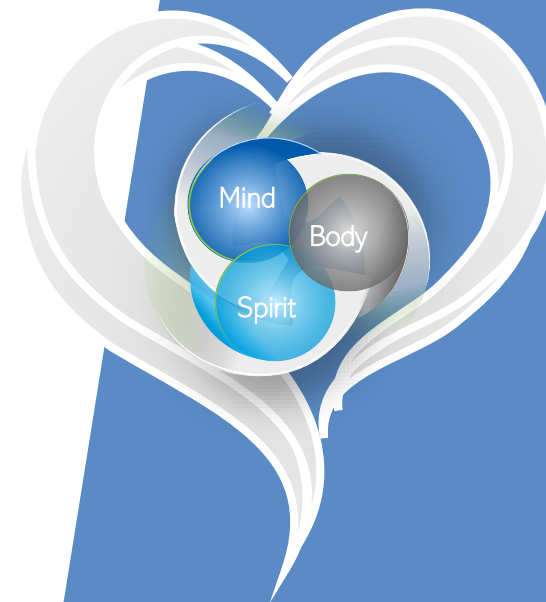
Sit

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



Salve Regina mater misericordiae, vita, dulcedo et spes nostra salve

Hail to you o Queen, Mother of lovingkindness, our life, our happiness, our hope

Ad te clamamus, exsules filii Hevae

Hear us cry out to you

Ad te suspiramus gementes et flentes in hac lacrimarum valle

Children of Eve in our exile. Hear as we sigh, groaning and weeping in this life, in this valley of tears

Eia ergo advocata nostra, illos tuos miseri cordes oculos ad nos converte

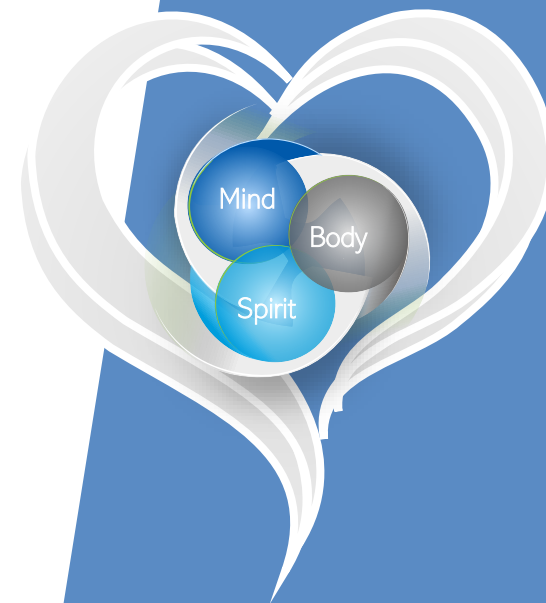
Come then our Advocate, turn toward us the gaze of your kind and loving eyes

Et Jesum benedictum fructum ventris tui nobis post hoc exsilium ostende

And show us Jesus, the Blessed Fruit of your womb, when at last our exile here is ended

O clemens, o pia, o dulcis virgo Maria

O gentle, O loving, O sweet Virgin Mary



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 Know About Blaise Pascal?

Pope Francis Says:

Pope Francis pointed to an experience of 17th-century mathematician and philosopher Blaise Pascal as an important testimony of how one can sense the living presence of God in personal prayer.

The pope called a small handwritten note that was discovered sewn into Pascal's coat at the time of his death "one of the most original texts in the history of spirituality....In these lines from Pascal's "memorial," the philosopher "expresses not an intellectual reflection that a wise man like him could conceive of God, but the living, experienced sense of his presence."

Have you ever felt/do you ever feel the living, experienced sense of His Presence? Could you share what that has been like?

Pope Francis also says: "The God of Abraham becomes 'my God,' (for Pascal) the God of my personal history, who guides my steps, who does not abandon me; the God of my days, the companion of my adventures." ...Abraham was so familiar with God that he was capable of arguing with Him, while remaining faithful.

In June, 2020 at a general audience in the apostolic library, Pope Francis asked "I wonder and I ask you, do you have this experience of God?" – Can you share a time when you argued with God? What happened?

1. Vatican Online; 3 June October 2020 "Pope Francis on What We Can Learn on Prayer from Blaise Pascal"
2. <https://churchpop.com/2016/04/19/night-fire-blaise-pascals/> Blaise Pascal's note that he carried in his coat pocket everyday. Written immediately after his mystical experience, it was found in his coat on the day he died.

FIRE³

God of Abraham, Isaac and Jacob, not of philosophers and scholars

Certainty, certainty,
Feeling. Joy. Peace.

God of Jesus Christ. My God shall be Your God. Your God shall be my God.

Forgetfulness of the world and of everything except God.

He is to be found only by ways taught in the Gospel. Greatness of the human soul. Righteous Father, the world has not known thee, but I have known thee.

Joy, Joy, joy, tears of joy. I have separated myself from Him [Latin translation]. They have forsaken me the fountain of living waters.

"My God, wilt thou leave me?"
Let me not be separated from Him eternally. This is life eternal.

Blaise Pascal's Note in His Coat Pocket after his Mystical Experience

Discussion: What Do We Know About Blaise Pascal?

In 1646, Pascal's father fell and broke his hip, a devastating injury in that time. The two doctors that worked with his father over the next few months happened to be devout Catholics (though they were a part of the small but growing [Jansenism sect](#)). Through their friendship and conversations with him, Pascal started to think seriously about religion for the first time in his life. One of the monks told him: The Bible clearly tells us that our sin prevents us from knowing God. However, God sent his Son, our Lord Jesus Christ, to take the punishment that our sin deserved. That is grace, a gift.. By faith, we can accept God's gift. Then we spend the rest of our lives getting to know God." Pascal almost choked on his words: "God can be known?"

Do you have any stories you can share about when someone else's commitment to religion inspired you?

(cont.)

That they may know
the only true God
and Jesus Christ
whom Thou has
sent. Jesus

Christ. Jesus Christ. I
have separated myself
from Him. I have fled
from Him, denied Him,
crucified Him,

Let me never be separated
from Him

We keep hold of Him only
by the ways taught in the
Gospel.

Renunciation, total and
sweet. Total submission to
Jesus Christ and my Director

Eternally in joy for a day's
exercise on earth.

[Latin] I will not forget Your
words. Amen.

1.) A Piece of the Mountain. A biography of Blaise Pascal 2.) <https://churchpop.com/2016/04/19/night-fire-blaise-pascals/>.

23 August 2020

21st Sunday in Ordinary Time

Responsorial Psalm

PS 138: 1-3, 6, 8

R. (8bc) **Lord, Your love is eternal; do not forsake the work of Your hands.**

I will give thanks to You, O LORD, with all my heart, for You have heard the words of my mouth; in the presence of the angels I will sing Your praise; I will worship at Your holy temple.

R. **Lord, Your love is eternal; do not forsake the work of Your hands.**

I will give thanks to Your name, because of Your kindness and Your truth: When I called, You answered me; You built up strength within me.

R. **Lord, Your love is eternal; do not forsake the work of Your hands.**

The LORD is exalted, yet the lowly He sees, and the proud He knows from afar. Your kindness, O LORD, endures forever; forsake not the work of Your hands.

R. **Lord, Your love is eternal; do not forsake the work of Your hands.**

Reading 1 IS 22:19-23

Thus says the LORD to Shebna, master of the palace: "I will thrust you from your office and pull you down from your station. On that day I will summon my servant Eliakim, son of Hilkiah; I will clothe him with your robe, and gird him with your sash, and give over to him your authority. He shall be a father to the inhabitants of Jerusalem, and to the house of Judah. I will place the key of the House of David on Eliakim's shoulder; when he opens, no one shall shut when he shuts, no one shall open. I will fix him like a peg in a sure spot, to be a place of honor for his family."

Reading ROM 11:33-36

Oh, the depth of the riches and wisdom and knowledge of God! How inscrutable are his judgments and how unsearchable his ways! *For who has known the mind of the Lord or who has been his counselor? Or who has given the Lord anything that he may be repaid?* For from Him and through Him and for Him are all things.

To Him be glory forever. Amen.

Alleluia MT 16:18

R. **Alleluia, alleluia.**

You are Peter and upon this rock I will build my Church and the gates of the netherworld shall not prevail against it.

R. **Alleluia, alleluia.**

Gospel MT 16:13-20

Jesus went into the region of Caesarea Philippi and He asked his disciples, "Who do people say that the Son of Man is?" They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven." Then He strictly ordered His disciples to tell no one that He was the Christ.