

“Every Thing is Sacred” — 50-03
PAUSE TO CONSIDER: REFLECTIONS ON SESSION #3



1. Happy Tuesday to you! The big fir trees in our back yard are layered with heavy snow and the deck has about as much snow as I removed yesterday afternoon. Enjoy continued viewing of this excellent video:
 - Contemplation Practice: 1:13 - 3:33 or listen to the closing for 50-03 with Carey Landry — see sduc.ca/Ministries/AdultSpiritualDevelopment/Everythingissacred
 - 14:00 Reflection #40 is read to you by Richard and Patrick
 - 16:50-25:05 The Tricycle metaphor
 - 25:42 - 27:44 Where is Fr. Richard Rohr currently with the Tricycle metaphor.
 - 27:44 — what can we take from Tradition, today, using the Tricycle metaphor.
 - to 31:50 Tools to critique our experience. Enneagram, Meyers Briggs...
2. Colin's opening: I loved Joan's Introduction of Colin and the image of him and Marilyn out and about on the weekend in their Model A Ford.
 - Genesis I and Genesis 3 — two different creation stories — St. Augustine in 5th century CE initiated a major shift in thinking from the “Goodness” of Genesis I and “Sin and the Fall” of Genesis #3
 - key words and phrases: “Face vulnerability... meditate... embrace inclusion... view of loss and suffering as pathways to God... ingrained goodness...”
 - Special mention of Rohr's encounter with the dolphins in Reflection #14 reminded Colin of an encounter with a red fox when Colin was just a teen. He remembers

the mutual wonder as he and the fox looked at each other. A photo was not necessary to remember their encounter— two of God's creations.

3. Housekeeping with Brenda

a. Invitation to **visit the sanctuary** at St. David's between 10 and 2 on Ash Wednesday, Feb. 22, 2023 for a quiet time.

b. **Pan cakes after church** on Feb. 26, 2023. RSVP on Genius or call the office.

c. **Pastoral Care Zoom** gathering will go as usual between 10 a.m. and 11 a.m. Wednesday morning

e. **Early morning Lenten Meditation** begins on Feb. 23, Thursday morning at 8:30 on Zoom with Thursday morning Bible Study meeting at 10. Contact the office to receive an invitation.

f. St. David's Council needs a chairperson for the Affirming Ministry. Call Colin or the office if you would like to participate in this very valuable ministry.

4. Wayne's Reflections on Reflections 8 through 14. **Discussion as we move through the Reflections with Wayne seems to involve many of us. If you feel that a smaller group would work for you, let one of us know and we can have a Break Out Segment. I have run comments for Pause to Consider together in an ongoing conversation. Forgive the paraphrasing of your ideas.**

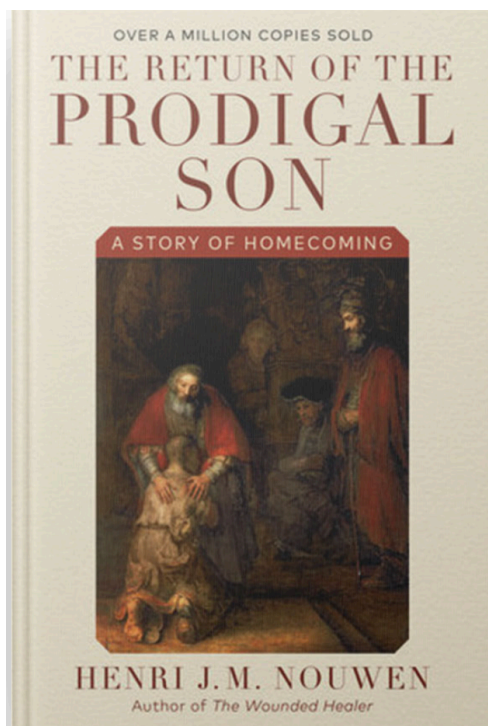
- From earliest times, Wayne's parents and his community wanted him to become a pastor. (My mom wanted me to become a nurse and gave me a nurse's watch as a present when I was in Grade Eight— not a great time to exert influence for career choice.) **Snippets of conversion**
- "As a youngster, I learned — behave or get a spanking — and yet I saw behavior from my parents that was questionably right."
- Thomas Merton said, "People may spend their whole lives climbing the ladder of success only to find that the ladder is leaning against the wrong wall."
- Baby boomers measured their success by having the same boss or job for their entire career. Young people today feel that after four or five years it is time to move on. Change, finding balance. Move your ladder.
- In sports, many young people have parents who are living vicariously through them. Not everyone can be an Olympian. The question asked should be, "What can this child enjoy doing?"
- Self-help books are suspect, yet Boland seems to be more universal in his approach.
- Let little brothers win some times... celebrate their wins. It shows that you have taught them well.



• "Don't be angry with us — we are looking for balance in life." Cover page for MACLEANS features a young person. "In Defence of Generation Z."

• Grandma told me what I was going to do... it worked out well to become a mechanic. On the other hand another's Grandparents and parents did not impose their ideas.

- A sister who is always late and likes to dominate conversation — very hard to embrace (Reflection #10). We are reminded that that which we find difficult to accept is often one of our shortcomings and possibly a shortcoming that you have overcome. (My ire was raised over a 14 year old basketball player on the opposing team who offensively charged into the key to shoot every time, not caring who he knocked over — then would pick himself up from the floor, limp to his bench and two minutes later return to play and repeat. Hmmm? Makes one ponder.P.S. I coached basketball for many years!)
- On aging, it is not always easy to be inclusive. Keep Open. Marcus Borg told how Christianity grew from a tiny bull's eye and evolved over time to be a huge movement. We must learn from other faiths... expand our intake.
- A story of a friend in withdrawal who heard God's voice saying, "Run to me!" which brought her to God.
- The Three Bucket Water Wheel Concept is useful. As it spins, it empties then fills, always moving forward. Three buckets — Trinity, God, Jesus and the Spirit (Us)
- Loss and Suffering in life is the pathway to God, says Rohr. In reflection, loss can often be a blessing — a consequence to the beneficiary.
- Henry Nouwen's book resulted from a visit he made to the Hermitage Museum in St. Petersburg, Russia. Wayne's picture: <https://mail.google.com/mail/u/0/#inbox/FMfcgzGrcjNsqPMtsCddQJfWGhnrRXfk> from the Spiritual Traveller's Trip shows him studying the painting much like Nouwen did several times in his life. (I can't open it on my macbook.



- The role of sacred places in our lives is wondrous. Live fully in the moment. Seek God and find God there.
- Karen's picture and quilt entitled "Golden Hour."



6. Homework: Here is our homework for next week as we read...

Reflection #15, Waking up to Love

- a. Who or What has been a love object for you in the past?
- b. Who or what is a love object for you today?
- c. When did your love object draw out beauty, goodness or love in you?

Reflection #16: Suffering

- a. How have you tended to deal with your pain and suffering in the past?
- b. How are you right now? What emotions do you feel? What sensations do you notice in your body? Listen.

Reflection #17: Our Shadow

- a. Think about how this reflection affected you, focusing on your thoughts, emotions, bodily sensations.
- b. Is there a recurring pattern to the kind of conversations you have with others or the scenarios in which you find yourself in Life. Is there a pattern to how your friendships and relationships tend to develop over time?
- c. Ask a friend about recurring patterns that they see in you.

Reflection #18: Change

- a. What kind of life changes seemed like death to you at the time but later brought about a new sense of life?
- b. Has your understanding and experience of God changed over the course of your life in ways that felt significant?
- c. What is the next change that you need to make?
- d. What needs to happen for you to “Change your mind” and embrace this?

Reflection #19: Up There

- a. What ladders might you need to climb down to reach out a hand of friendship to yourself?
- b. What tightly held beliefs or previous life experiences keep you separate from a God who seems to be ‘up there’ instead of ‘in here,’ within you?
- c. What do you need to let go of and what do you need to unlearn?

Reflection #20: Divine Depth

- a. In what ways have your experiences of faith and spirituality encouraged and discouraged you to explore your interior life?”
- b. Try to come to a personal insight you’ve not encountered before?

Reflection #21: Embodying Depth

- a. Practise an embodied exercise — an intentional retreat, a walking pilgrimage, a labyrinth or create one in your home.

Remember: Journaling is a part of each set of reflective exercises. How are you doing?

7. Final Thoughts:

- a. Non-rational is not the same as irrational.
- b. Owen Barfield was a mentor to Tolkien, Lewis etc.
<https://www.owenbarfield.org/the-inklings/owen-barfield-and-tolkien/>
- c. Religio = reconnect. We are quite often disconnected today with little sense of community or communion.
- d. I am more than my thinking.

e. Jimmy Carter, A tribute — I was a little worried about Fox News Coverage, however, ...

<https://www.foxnews.com/video/6320894782112>.

You can plug the links into your search line to open them.

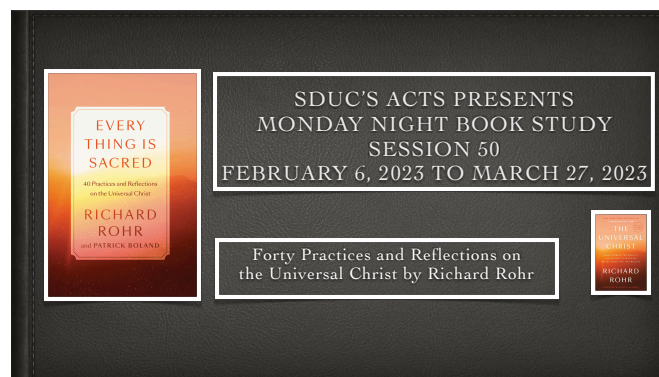
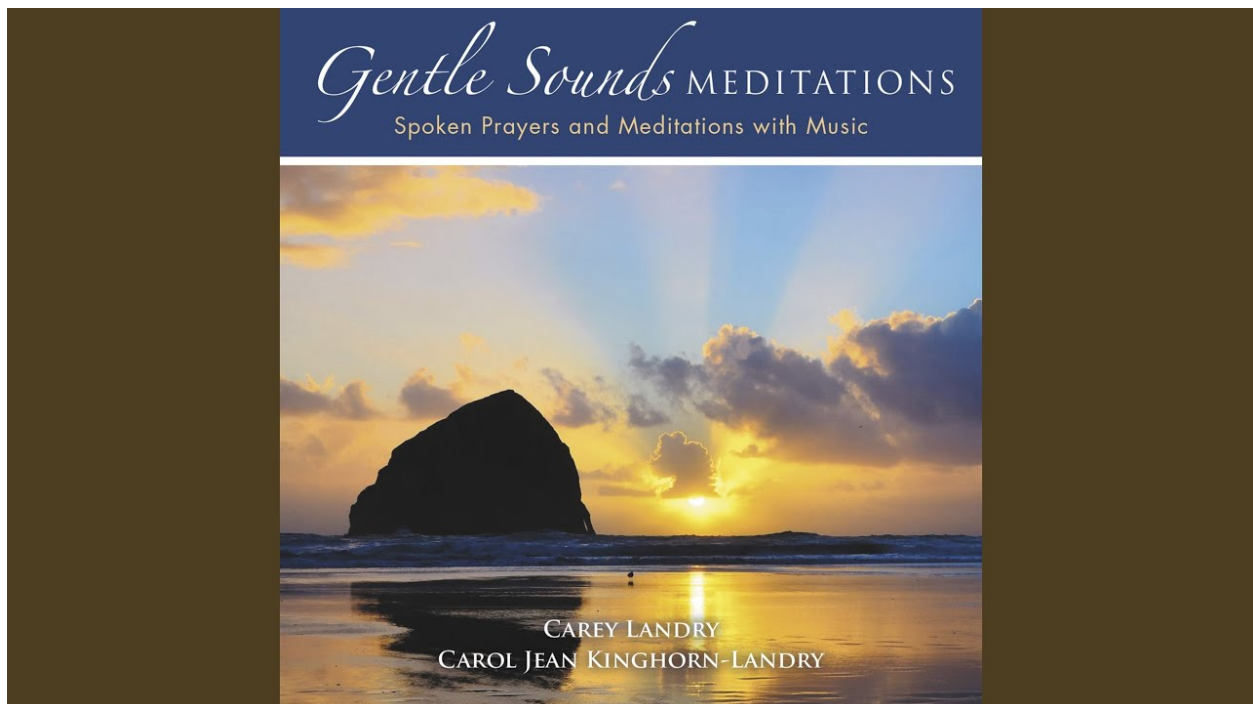
Happy journalling!

Thoughtfully yours,

Brenda (have a great week!)



OPIE, Fr. Richard's Dog



See sduc.ca/Ministries/Adultspiritualdevelopment/everythingissacred/

