



ARCHDIOCESE OF LOS ANGELES - HEALTHCARE MINISTRY - LENTEN RETREAT



# **JOURNEY THROUGH LENT A LENTEN RETREAT FOR CHAPLAINS, HEALTHCARE PROFESSIONALS AND THOSE SEEKING ENRICHMENT**

**SATURDAY, FEBRUARY 20, 2021**

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**SATURDAY, FEBRUARY 20, 2021**

## **RETREAT DESCRIPTION:**

This Zoom Online Retreat will consist of three reflections, each followed by quiet time for personal meditation. Our retreat directors will guide us with Ignatian Spirituality components to discern: Where are we? What are we carrying? What gives us life and what gives us peace? Where are we called during this 2021 Lenten Journey? We also will have a concluding Lenten prayer service. The day promises to be an enriching way to begin our Lenten Journey.

## **Presenters:**

Fr. Chris Cartwright, S.J.

Associate Director of the Manning House of Prayer for Priests

Chaplain Frederico Gianelli, S.J.

Board Certified Chaplain in Hospice Palliative Care Chaplaincy

**When:** Saturday, February 20, 2021

**Where:** Zoom Sessions online – Link will be sent as we closer to the retreat date

09:00 AM – 09:30 AM Welcome and Conference One

09:30 AM – 10:15 AM Personal Work Reflection

10:30 AM – 11:00 AM Conference Two

11:30 AM – 11:45 AM Personal Work Reflection

11:45 AM – 12:30 PM Lunch Break

12:30 PM – 01:00 PM Group Faith Sharing/Check in

01:00 PM – 01:30 PM Conference Three

01:30 PM – 02:15 PM Personal Work Reflection

02:15 PM – 03:00 PM Closing Lenten Prayer Service

**Cost:** Free Retreat for ANY Healthcare Professional compliments of the Dan Murphy Foundation

Registration with the link below or at [www.lacatholics.org/lenten-retreat/](http://www.lacatholics.org/lenten-retreat/)

**Questions:** Contact – Ann Sanders [asanders@la-archdiocese.org](mailto:asanders@la-archdiocese.org) or 213- 637-7655

## *Trust the Slow Work of God*

*Above all, trust in the slow work of God.*

*We are quite naturally impatient in everything to reach the end without delay.*

*We should like to skip the intermediate stages.*

*We are impatient of being on the way to something unknown, something new.*



*And yet it is the law of all progress that it is made by passing through some stages of instability - and that it may take a very long time.*

*And so I think it is with you.*

*Your ideas mature gradually*

*- let them grow, let them shape themselves, without undue haste.*

*Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.*

*Only God could say what this new spirit gradually forming within you will be.*

*Give Our Lord the benefit of believing*



*that his hand is leading you,  
and accept the anxiety of feeling yourself  
in suspense and incomplete.*

*- "The Slow Work of God", Teilhard de Chardin, S.J.*



## First Meditation

Spiritual Pain, Spiritual Dimension and spirituality

First meditation 9:10 am – 9:30 am. – Personal Work 9:30 a.m. – 10:15 a.m. –

I like to invite you to see yourself not just as a healer, the one who cares for others unreservedly on a daily basis, but as a “wounded healer,” a wounded person that has become an amazing healer because you have been able to identify and embrace the pain of your own wounds. Please take a moment to respond this question:

“How are you as you enter this retreat today?”

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Dame Cecily Sanders (RN, CSW, MD), the person who started this new movement of taking care of the whole person (Total Pain), reveals the spiritual and inner dimensions of her patients with this question: “How are you with-in?”

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Several years ago, when I was the palliative care chaplain at the General Hospital, I used Cicely Sanders’ model of Total Pain as a way to connect patients to their spiritual pain which helped me to identify, to listen and to address their spiritual pain that could lead to a better quality of life and to a good death. As a wounded healer right now and right here, What Worries you the most?

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## SPIRITUAL HEALTH ASSESSMENT

### Healing through Self Awareness



Based on "Healing the Four Dimensions of Spiritual Pain" in the classical Sacred Art of Living & Dying tradition

NAME/CARE RECEIVER \_\_\_\_\_ CARE GIVER [optional] \_\_\_\_\_  
DATE \_\_\_\_\_ TIME \_\_\_\_\_ LOCATION \_\_\_\_\_

#### INSTRUCTIONS

- Quiet yourself and take a moment for reflection.
- Circle the deepest truth that describes "How you are within yourself" today.
- Use the optional questions as a guide for insight.
- Record and compare your answers at regular intervals in order to discover patterns of spiritual health or distress.
- Trust that awareness is the first step towards healing. Instead of trying to fix spiritual pain, it only needs to be listened to and received.

#### MEANING

1	2	3	4	5
Life is filled with purpose and meaning		I feel generally motivated		Life has become meaningless

What is giving me life and energy right now? \_\_\_\_\_  
Who or what keeps me from being fully alive? \_\_\_\_\_

#### FORGIVENESS

1	2	3	4	5
I feel a deep sense of reconciliation towards myself and others		There are no outstanding issues that are calling for forgiveness in my life		I feel a strong sense of un-forgiveness towards myself and/or another

Who or what do I need to forgive? \_\_\_\_\_  
From whom do I need to seek forgiveness? \_\_\_\_\_

#### RELATEDNESS

1	2	3	4	5
I feel a strong sense of connection with the persons and things that matter most to me		Most important areas of my life seem balanced		I feel seriously alienated from someone/thing that is important to me

Who or what means the most to me? \_\_\_\_\_  
Who or what do I fear losing? \_\_\_\_\_

#### HOPE

1	2	3	4	5
I feel hope-filled and optimistic		I generally trust what the future holds for me		I am experiencing deep depression and hopelessness

What dreams keep me alive? \_\_\_\_\_  
Why might I feel depressed or hopeless? \_\_\_\_\_

## Second meditation

Principal and foundation – resources of strengths

Second Meditation: 10:30 a.m. – 11:00 a.m. Personal work 11:00 – 11:45 p.m.

St. Ignatius in the Spiritual Exercises speaks about a meditation on the principal and foundation of the person, “woman and man are created to praise, reverence, and serve God our Lord, and by this means to save her/his soul.”

What is the reason that makes you wake up every day? What keeps you doing what you do?

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What brings you a sense of meaning in your daily life? Could you please, identify three sources.

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How are you experiencing reconciliation with God, with other people, with yourself? Can you identify one good quality in those people with whom you have experienced a broken relationship?

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When you think about meaningful connection in your life can you name those and give a reason why?

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What brings hope to your life? Please identify at least three aspects and say how they bring hope to your life?

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If you use religious practices: rituals, prayers, the sacraments which fulfill your spiritual dimension, can you please take time to reflect about identifying these, what are these that make the difference in your whole person as you practice then?

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### **Biblical resources**

From the Spiritual Exercises week two

Ephesians 1:3-14 My first task: say yes for myself and for my world to what God projects.  
Hebrews 2:5-13 God hopes much for the humankind.  
Corinthians 15:20-28 The accomplishment comes through Jesus Christ's life and labors.  
Philippians 2:6-11 He chose to embrace all darkness in us, even the final darkness of death.  
Luke 2:22-38 The offer Jesus, the firstborn, and the offering of the poor.  
Matthew 2:13-18 They stay in exile.  
Matthew 2:19-23 Circumstances forces them to settle in Nazareth.  
Luke 2:39-40, 51-52 Jesus lives hidden, boy, adolescent, young man. He works as a carpenter.  
Matthew 4:1-11 Jesus face temptation in the desert. He is comforted by God messengers.  
Mark 1:16-20 They drop what they are doing and follow Him

From the Spiritual Exercises week three

Luke 22:1-13 Preparation for the last Supper.  
Luke 22:14-20 The Unleavened Bread.  
John 13:1-20 The Washing of the feet.  
Matthew 26:30-56 Peter's denial foretold.  
John 18:12-27 Peter denies Jesus.  
Mark 14:53-72 "I am" They torture Him.  
Matthew 27:26-47 The way of the cross and the crucifixion  
Luke 23:33-43 Father, forgive them.  
John 19:25-30 Jesus die.  
John 19:31-42 They bury Jesus.  
1 John 3:16 This has tough us love: that he gave up his life for us.  
1 Peter 2:21-24 Christ suffered for you and left an example for you to follow the way he took...  
2 Corinthians 5:14-15 The love of Christ over whelms us when we reflect that if one man has died for all...



**Faith Sharing 12:30 p.m. – 01:00 p.m.**

Wage peace with your breath.  
Breathe in firemen and rubble,  
breathe out whole buildings and flocks of red wing blackbirds.  
Breathe in terrorists  
and breathe out sleeping children and freshly mown fields.  
Breathe in confusion and breathe out maple trees.  
Breathe in the fallen and breathe out lifelong friendships intact.  
Wage peace with your listening: hearing sirens, pray loud.  
Remember your tools: flower seeds, clothes pins, clean rivers.  
Make soup.  
Play music, memorize the words for thank you in three languages.  
Learn to knit, and make a hat.  
Think of chaos as dancing raspberries,  
imagine grief as the outbreath of beauty or the gesture of fish.  
Swim for the other side.  
Wage peace.  
Never has the world seemed so fresh and precious:  
Have a cup of tea and rejoice.  
Act as if armistice has already arrived.  
Celebrate today.

Wage Peace - Judyth Hill - September 12, 2001

### Third Meditation

"Quo Vadis?" – resilience - gratitude

Third meditation 01:00 p.m. – 01:30 p.m. Personal work from 01:30 p.m. – 02:15 p.m.

This morning we reflected on our spiritual pain, our resources of strengths, now ask yourself:  
Where are am I going?

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As you look into your spiritual pain where do you found Jesus present? What events, people or situation?

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As you previously made a list of your resources of strength, can you also identify God in them?  
What events? What strength do you experienced as God with you?

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Now that you are more aware of yourself in the journey of the wounded healer, where are you going? What will be those aspects that you feel God is asking you to work on? What do you think you have to do next?

Physical self-care Diet, physical activity, sleep, hobbies...

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Emotional and physical distance Going for a walk, "time out", meditation, breathing exercise, focus on others...

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Social and Emotional support Seeking for a friend, support group... Opportunity to regain personal emotional nourishment by made an effort to be fully present spending time with love ones...

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Spiritual / religious: Religious community, prayer, attending worship, visiting the chapel/quiet room, looking for spiritual strength...

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Increase awareness of relaxation skills, tune mind, body skills: meditation, breathing, mindfulness group mantra, yoga, lectio divina, tai chi...

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Cognitive Skills: Acquire cognitive skills to manage stress, and to recognize and accept their limits...

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Stress education: Learn about the long-term impact of stress on the body and mind...

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From the Spiritual Exercises week fourth

John 20:19-23 Jesus come among the disciples and says "Peace".

Luke 24:13-35 Two disciples walk along talking about the Christ.

John 20:24-29 "My Lord and my God".

John 21:1-17 "feed My sheep".

Matthew 28:16-20 Then He send them to "make disciples of all nations", promising that "I am with you always; yes, to the end of the time".

Acts 1:3 Christ showed Himself

1 Corinthians 15:6-8 He appeared to more than 500 at once.

Acts 2:5-36 Peter first preaches the full Good News.



**Closing lent prayer Service** 2:15 p.m. – 03:00 p.m.

**Holy Darkness, Dan Shutte**

Holy Darkness  
Holy darkness, blessed night,  
heaven's answer hidden from our sight.  
As we await you, O God of silence  
we embrace your holy night.

I have tried you in fires of affliction;  
I have taught your soul to grieve.  
In the barren soil of your loneliness,  
there I will plant my seed.

I have taught you the price of compassion;  
you have stood before the grave.  
Though my love can seem like a raging storm,  
this is the love that saves.

In your deepest hour of darkness  
I will give you wealth untold.  
When the silence stills your spirit,  
will my riches fill your soul?

Text and music © 1988, 1989, Daniel L. Schutte. OCP

## Prayer

Reading: The Ceiling of Thy Hopes

The Ceiling of Thy Hopes: it is easier to believe little than to believe big. The immediate demand is often so urgent, the immediate problem is often so acute or so insolvable, that the ceiling of hope is lowered, leaving but little room even for breathing....

I will lift on high the ceiling of thy hopes. This is the promise of renewal, the spoken word of faith as a literal fact. How does God accomplish this? How is the ceiling lifted? It may be lifted by a sudden or a slow shift in the pattern of the days. There may be unforeseen changes or unpremeditated rearrangements which placed one on top of, rather than underneath, one's load. Sometimes the change is accomplished by making a new relationship with other human beings, and out of it emerges the contagion of heightened hopes. But most often God may effect the miracle by a quiet release of fresh energy deep within the spirit which pushes the ceiling of one's hope higher and higher.

The deep breath, the long look, the heartening gaze – when did they come? One may not know. One knows only that a change has taken place, something has happened; things are not seen as being what they once were. Let us rejoice and with thanksgiving, that the ceiling of our hopes God will lift on high.

Rev. Howard Thurman. "The Mood of Christmas & Other Celebrations"

© 1963 Howard Thurman; Friends United Press. p. 103

Petitions

## **Closing Prayer**

May I be a guard for those who need protection  
A guide for those on the path  
A boat, a raft, a bridge for those who wish to cross the flood  
May I be a lamp in the darkness  
A resting place for the weary  
A healing medicine for all who are sick  
A vase of plenty, a tree of miracles  
And for the boundless multitudes of living beings  
May I bring sustenance and awakening  
Enduring like the earth and sky  
Until all beings are freed from sorrow  
And all are awakened.

- Shantideva, Indian Buddhist sage 700 A.D.  
Prayer performed each morning by His Holiness the Dalai Lama

Song: There Is A Longing, Anne Quigley

There is a longing in our hearts, O Lord,  
for you to reveal yourself to us.  
There is a longing in our hearts for love  
we only find in you, our God.

1. For justice, for freedom, for mercy: hear our prayer.  
In sorrow, in grief: be near, hear our prayer, O God.

2. For wisdom, for courage, for comfort: hear our prayer.  
In weakness, in fear: be near, hear our prayer, O God.





**Office of Life,  
Justice & Peace**  
Archdiocese of Los Angeles

[www.lacatholics.org/healthcare](http://www.lacatholics.org/healthcare)