

Three Counsels to help us move from Paranoia to Metanoia

1. Make ourselves aware of God's Unconditional love for us

2. Draw strength from prayer

3. Slimming down our spiritual vocabulary

A "Gathering Hymn" as we read "the signs of the times" Pandemic

What if you thought of it as the Jews consider the Sabbath—the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now, on trying to make the world different than it is.
Sing. Pray. Touch only those to whom you commit your life.
Center down.

And when your body has become still, reach out with your heart.

Know that we are connected in ways that are terrifying and beautiful. (You could hardly deny it now.)

Know that our lives are in one another's hands. (Surely, that has come clear.) Do not reach out your hands. Reach out your heart. Reach out your words. Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.

Promise this world your lovefor better or for worse, in sickness and in health, so long as we all shall live.

-Lynn Ungar 3/11/20



I. Making ourselves more aware of God's Unconditional Love

The revelation in the Cross – of God's unconditional love

The cross as the "rainbow"

- o What is revealed?
 - God's unconditional love for us



II. Drawing Strength from Prayer

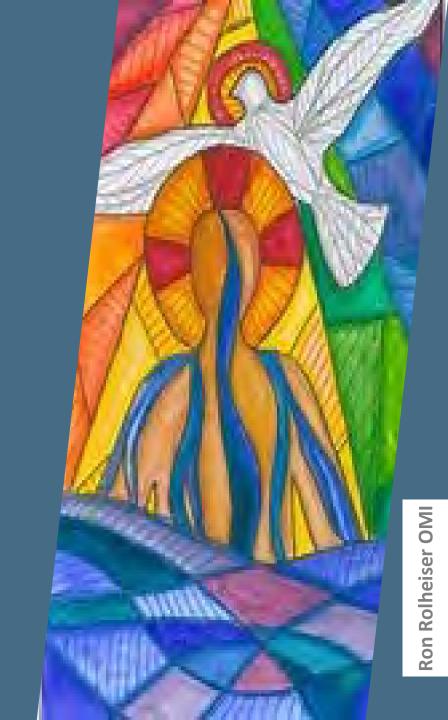
Jesus as paradigm in Luke's Gospel

Some biblical images for rootedness in prayer

- o Steven's martyrdom
- o The three young men in the book of Daniel

Daniel Berrigan's advice on how to "connect" ourselves to what's outside our culture

To live by grace and not just by willpower – "the baptism of Jesus" versus "the baptism of John the Baptist"



III. The Final Stages of Conversion – Slimming Down our Spiritual Vocabulary ... to four things

1. Gratitude

- A counsel from Morris West
- The ultimate virtue underlying all love and virtue
- The Eucharistic words of Jesus

2. Forgiveness

- a. A story Frank McCourt and Andrew Greeley
- b. The key to gratitude
- c. A contemporary illustration *The Shack*



Ron Rolheiser OMI

III. The Final Stages of Conversion – Slimming Down our Spiritual Vocabulary ... to four things

3. Hope

- a. Hope as distinct from wishful thinking and temperamental optimism.
- b. Hope as living within a "meta-narrative"
 - i. Pierre Teilhard de Chardin
 - ii. Pierre Olivier Trembley
 - iii.Archbishop Tutu
 - iv.William Stringfellow
 - v. Hans Urs von Balthasar



III. The Final Stages of Conversion – Slimming Down our Spiritual Vocabulary ... to four things

4. Surrender

- a. Richard Rohr our ultimate and final invitation
- b. Kathleen Dowling Singh on the final stages of dying
- c. Jesus' death of the Cross
- d. Purgative purification as moving us towards surrender.



Artist

Salvador Dalí