

☞ Conference 1: The Gift of Receiving

“Woman, there is your son.” John 19:26

[It] is not a formless emptiness, a void without meaning; on the contrary it has a shape, a form given to it by the purpose for which it is intended. It is emptiness like the hollow in the reed . . . to receive the piper’s breath and to utter the song that is in the heart. It is emptiness like the hollow in the cup, shaped to receive water or wine. It is emptiness like that of the bird’s nest, built in a round warm ring to receive the little bird. ~ *Reed of God*

☞ Conference 2: The Gift of Silence

“Christ lived for thirty years in silence. Then, during his public life, he withdrew to the desert to listen to and speak with his Father. The world vitally needs those who go off into the desert. Because God speaks in silence.”

~ Cardinal Sarah, *The Power of Silence*, 42

☞ Conference 32: The Gift of Seeking

She is among those who are trying to get close to him; therefore she is among the sick, the crippled, the blind, the poorest beggars—outcasts of every description. ~ *Reed of God*

Prayer suggestion for individual reflection:

Allow **one** of the following passages to **choose you** to guide your meditation.

- Hab 2:20, Let all the earth be silent before him.
- Hosea 2:14, I will now allure her and bring her into the wilderness and speak tenderly to her.
- Psalm 27: 14, Wait for the Lord, be strong and let your heart take courage; wait for the Lord!
- Mark 1:35, In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.

Then, asking the intercession of St. Teresa of Calcutta, pray for the grace:

To become, like King Solomon, a “silent soul” that waits upon the Lord.



LIZK.org

flourish in your faith

Lectio divina, or divine reading, is the practice of slowly reading a passage of scripture and trying to enter into it, not to study but to experience God’s living word in a personal way. It generally involves four steps: reading, meditation, prayer, contemplation. The Church teaches that “*lectio divina* [is] where the Word of God is so read and meditated [upon] that it becomes prayer” (CCC 1177). We can apply the same principle and process to images, “divine looking,” especially to icons that are written or rendered in prayer by the artist.

Some basic steps for praying with art:

1. Prepare: Close your eyes and take a few deep breaths. Ask the Holy Spirit to guide your meditation and to give you “holy vision.”
2. Reading (or looking): Open your eyes and “read” the image slowly, allow your eyes to scan every part of the image—from the center to every corner, for example. Pay attention to what captures your interest, but continue to look over the whole image slowly and patiently. Close your eyes a moment and allow them to rest.
3. Meditation: Open your eyes again and allow them to be led. Whatever portion of the image captures your attention, rest there, savoring it, focusing your attention on this part. Close your eyes and picture this portion of the image in your mind.
4. Prayer: Open your eyes again and return to this portion of the image. Rest with it once again and allow the Holy Spirit to give you a word, emotion, or name. Rest in that word, repeating it as you savor the image. Close your eyes again and allow your eyes to rest.
5. Contemplation: Open your eyes and look at the image once again. Is there a word, message, or idea that the Holy Spirit is bringing forward within you?
6. Journal: Write a few lines or draw a few images that remain with you after your prayer. What do you most want to take with you from this prayer time?

The Reed of God and The Receptive Feminine Heart

A Well-Read Mom Retreat
February 2-3, 2019, St. John’s Collegeville

Saturday	Schedule
10:15 to 10:30	Arrive/check in
10:45	Introduction/Giving Jesus the Retreat
11:00	Conference 1: The Gift of Receiving
12:00	Lunch
1:00	Conference 2: The Gift of Silence
1:45	Break
2:00	Conference 3: The Gift of Seeking
3:00	Break/Prayer time
5:30	Dinner/Social time
7:00	Conference 3: Visio Divina
9:00	Enter Grand Silence
Sunday	Schedule
7:00 AM	Morning prayer with Monks—optional. Breakfast is served between 6:30 and 8:30 Morning time is free for relaxation, sisterhood, and extra prayer.
10:30	Mass