

Receiving and Offering Hope as Missionary Disciples

St. Anthony School

Wednesday, August 26, 2020

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Schedule

8:30 am Open with virtual participation in Mass at St. James Cathedral

9:15 am Opening prayer (please keep your microphone muted)

Signs of the times - a longing for stability

Humility 'Nemo dat quod non habet' - We cannot give what we don't have

We must be like Abbots for the community of the classroom

Break

Serving as Missionary Disciples for our community

- Prayer - how are we grounding ourselves in prayer? How will we inspire our parents and students to ground their days in prayer? How will we teach them simple prayer practices that structure life in their home?
- Work - How do we ensure that we reinforce our understanding of teaching as a participation in God's work of creation? How will we structure our instruction to let students sense the gifts they have been given to care for their family and their world?
- Study - How will we discover a sense of encountering God in the subjects we teach? How will we communicate that all truth is God's truth our students?
- Hospitality - How do we greet and encourage one another as staff seeing one another as Jesus among us? How will we make our classrooms (real and remote) a place of faith hope and love that welcomes our students as Jesus in disguise?
- Sabbath - In a year when we will be constantly adapting to change, how will we preserve time for rest and renewal of our awareness of God's presence? How will we recognize the times of the year together? How will we provide our students opportunities to truly rest?

11:45 am Synthesis - Michael Cantu

Link for livestreamed Mass

<https://vimeo.com/archdioceseofseattle> [vimeo.com]

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Missionary Disciple

Disciple:

Grounded by a healthy interior life continually nourished by an awareness that Jesus is accompanying us in our life. We recognize Jesus walking with us.

Missionary:

An external orientation that leads us to help others recognize that Jesus is walking with them.

Healthy Interior Life

- Care of the Soul
- Humility
- Study
- Prayer
- Obedience

Healthy External Orientation

- Care of the body
- Stability
- Work
- Keep Holy the Sabbath
- Hospitality

Prayer Resources

Prayer should therefore be short and pure, unless perhaps it is prolonged under the inspiration of divine grace. In community, however, prayer should always be brief. RB #20

Liturgy of the Hours

- Office of Readings
- Morning Prayer
- Midmorning Prayer
- Midday Prayer
- Midafternoon Prayer
- Evening Prayer
- Night Prayer

Learn more:

- <https://universalis.com/>
- <https://www.usccb.org/prayer-and-worship/liturgy-of-the-hours>

Laying the groundwork for Prayer

- Make a commitment
- Regular time of day, early is good
- Create a sacred space: prayer table, sacramentals, Bible, reminders of faith
- Reduce distractions where possible
- Nevermind the 'monkey mind'
- Don't let the perfect be the enemy of the good
- If you slip up keep at it

Lectio Divina

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- Begin asking God for help
- Read the scripture prayerfully, several times. Carefully reviewing the word.
- Meditate on what you have read inviting God to inform your heart through the word
- Pray to God speaking to him as motivated by what you have read
- Contemplate in silence what God might be saying to you in what you have read
- Learn more: <https://www.usccb.org/beliefs-and-teachings/how-we-teach/catechesis/catechetical-sunday/word-of-god/upload/lectio-divina.pdf>

The Examen

- Become aware of God's presence
- Think of two or three good things that happened today and thank God for them
- Review the day considering where God was present to you. Consider how you responded to what was happening in your thoughts, feelings and actions.
- Consider where you need to seek God's pardon and forgiveness for things you have done.
- Focus again how God was present to you in your day
- Ask God to guide you tomorrow
- Learn more *The Examen Prayer* by Timothy M Gallagher, OMV also SacredStoryInstitute.org

Daily Mass

- Daily Mass can ground our prayer
- Livestream your parish Mass celebration
- Livestream the Cathedral daily Mass: <https://vimeo.com/archdioceseofseattle>
- Listen to the Daily Mass Readings: <https://bible.usccb.org/podcasts/audio/2020-08-31-usccb-daily-mass-readings>

Reflecting on work as participation in God's creation

As adults

- Teacher: providing stability and formation to children so they may grow as God intends
- Spouse: offering deep love and companionship
- Parent: strengthening children in faith, hope and love
- Neighbor: providing security and help
- Son or daughter: caring for and encouraging aging parents
- Co-worker: encouraging and helping your fellow teachers in a uniquely unstable and challenging times

Opportunities for children

- School service projects
- Performing tasks at home
- Calling extended family
- Encouraging friends
- Writing a kind note
- Participating in parish ministries

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- Let them see themselves as influencers

Questions for discussion

Prayer

What things can I do, personally to more effectively ground my life in prayer?

Examples:

- Liturgy of the Hours
- Reserved time for meditation in the morning
- Meditation or Examen in the evening
- Gratitude during grace at meals
- Lectio Divina – sacred reading
- Praying with your family

What things can I do to help students and parents ground their lives in prayer?

Examples:

- Livestream Mass
- Study of and petitions to saint of the day
- Petitions for help
- The Angelus
- Decades of the Rosary
- Examination of conscience
- Lectio Divina

Work

What things can I do to personally interpret my work in terms of my relationship with God?

Examples:

- Ask God to help you see the dignity in your work as participation in his ongoing work of creation
- Find and study Church documents and stories about the lives of the saints that shed light on your work.
- On your drive home, conduct a review of your day reflect upon the blessings brought about by your work.
- “Live like you will die tomorrow but learn like you will live forever.”

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- “I’ve done my best in your service this day. Oh Lord, I’m going to bed. It’s your church. Take care of it!”

What things can I do to help my students recognize the gifts God has given them to care for their family and the world?

Examples:

- Teach your students about the Catholic Social Teaching principle of the Dignity of Work <https://www.crs.org/resource-center/CST-101?tab=dignity-of-work-and-rights-of-workers>
- Assign students to discuss with their parents what gifts and talents God has blessed with them with and how they might be called to use those gifts.
- Ask your students to think about which saints inspire them most and which saints they feel they might be most like.

Study

What things can I do to grow in my own discovery of God’s truth and a healthy perception of the world around me?

- Mens Sana in Corpore Sano Our bodies are part of us. When we care for them, we strengthen our ability to understand the world around us
- Nourish the intellect with quality content that enables us to contextualize what we experience
- Integrate faith and reason, interpret what is happening as part of salvation history
- Create space for graced encounters, reflect on disturbance, respond grounded in relationship with God

What things can I do to help my students interpret their study as an encounter with God?

- Consider what is happening in your students’ experience today. Make connections to saints (ie. Catherine of Siena and the plague) who dealt with similar challenges.
- Take advantage of quality free resources available for students’ intellectual formation:
 - FORMED.org
 - Wordonfire.com
 - Sadlierconnect.net
- Foster an awareness of how all truth is God’s truth: science and reason complement revelation

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Hospitality

How do we practice hospitality in our classroom?

Examples of internal practices that prepare us to practice hospitality

- Welcome Christ into your heart multiple times a day
- Make care of the soul your first concern and critically evaluate how your day and week are structured in terms of how you are supporting it
- Spend time in prayer asking God what he wants you to do as Abbot of your home
- Audit your interactions with those close to you daily evaluating how you can grow in hospitality
- Ask Jesus to strengthen you to be a sign of faith hope and love in your home

Examples of external orientation that can

- Teach students about how hospitality to their family and friends is a response to God
- Audit your schedule and interventions to find opportunities to tell your students "I'm glad you are here"
- Audit your new classroom experience to find ways to communicate "I'm glad you are here" to your students
- Find ways to welcome and encourage parents in their role as first teachers
- Let your students know they have the power to become signs of hope and encouragement to one another.

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Keep Holy the Sabbath

How do we practice hospitality in our classroom?

Examples of internal practices that prepare us to practice hospitality

- Participate in the Mass whether in person or livestream every Sunday
- Make Space for God with morning prayer, grace at meals and nighttime prayer
- Make family meals a priority
- Provide a minimum of one hour of screen free time at night – reflect on the blessings of the day
- Create predictable rituals at home for graced moments and time to appreciate family and friends

Examples of external orientation that can

- Make prayer an intentional invitation to the Holy Spirit to strengthen your classroom
- Build regular times into your schedule to celebrate your classes successes and synthesize what they have learned
- Build regular times into your week to celebrate the successes of each student
- Create predictable rituals in the classroom that students can look forward to each week/month

THANK YOU!

You are providing your students stability to grow in relationship to God and creation

We are grateful for your ministry!

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Sample Questions Based on Religion Core Concepts by Grade Level

- K How do we show God respect when we are in Mass? CCC 1651, 2042
- K When should we pray? Why?
- K Grace before meals
- 1 What is a Sacrament? (CCC 1127)
- 1 How is prayer important to living as disciple of Jesus? (CCC 2740, 2745, 2564, 2651)
- 1 Our Father, Hail Mary
- 2 What does God promise? CCC 54-73, 72, 522-23,
- 2 How do sacramentals help us understand our faith? CCC 1278, 1320, 1412, 1491, 1512
- 2 What is a missionary disciple?
- 3 How do I form my conscience? CCC 1783
- 3 How do I examine my conscience? CCC 1785, 1385
- 3 Name a talent or gift you have been given from God, and how do you use each to help build God's Kingdom. CCC 1831
- 4 Give a moral situation that demonstrates a beatitude. CCC 1716-1729
- 4 How and why do we examine our conscience? CCC 1435
- 4 How does prayer help us live holy lives? CCC 2700-2724
- 4 How are all God's people uniquely called to a vocation to build the Kingdom of God?
- 5 How do the 10 commandments and beatitudes help us to be happy?
- 5 Describe a cardinal and theological virtue CCC 1803-1829
- 5 Reflect on different forms of prayer – Jesus prayer and the Rosary
- 5 What is a missionary disciple?
- 6 How do the Ten Commandments help us to be happy? CCC 2056- 2066 CCC 1954-1960
- 6 How do the sacraments, symbols and rituals call us to a deeper life of faith? CCC 1212-1690.
- 6 How does sin interfere with happiness?
- 6 Praying the Rosary
- 7 How do beatitudes help us to understand our moral choices? CCC 1716-1729
- 7 What does it mean to develop my conscience?
- 7 How does sin interfere with happiness?
- 7 How does Jesus challenge the culture we live in?
- 7 Lectio Divina Angelus
- 8 Why did God make you?
- 8 Reflect on all the different forms of prayer. Experience each. What is your favorite prayer or method, and how does this tradition of prayer help you to be your best self? CCC 2598-2622 , 2700, 2704, 2709-19, 2721-24
- 8 Who has a vocation? How do we come to know our vocation?
- 8 Who is a Missionary Disciple? What is the criteria? CCC 910, 903-909

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Readings/Resources

Make Me an Instrument of Your Peace

Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.
O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.

On the Family as School of Deeper Humanity

“The family is the first school of human values, where we learn the wise use of freedom...It is where we first learn to relate to others, to listen to share, to be patient and show respect, to help one another and live as one”

Amoris Laetitia 274 & 276

The family is a school of deeper humanity (Gaudium et Spes 52)

“The family has the mission to guard, reveal and communicate love, and this is a real and living reflection of and a real sharing of God’s love for humanity and the love of Christ the Lord for His bride the Church.”

Morning Offering

For love of me you came to earth; you gave your life for me. So every day you give me now. I give back happily. Take all my laughter, all my tears, each thought, each word, each deed. And let them be my all-day prayer, to help all those in need.

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Father, here I am. I know you are always with me. I place my heart in the Heart of your Son Jesus, who gives himself to us in the Eucharist each day. May your Holy Spirit strengthen me to live the Gospel in everything I do and say. For my part I give you this day—all my prayers, works, joys, and sufferings—all I am and possess. With Mary, mother of the Church, I pray for the mission of the Church, for all Apostles of Prayer, and for the intentions of the Pope this month. Amen

Excerpts from the Rule of St. Benedict

[The Abbot] must point out to them all that is good and holy more by example than by words, proposing the commandments of the Lord to receptive disciples with words, but demonstrating God's instructions to the suborn and the dull by living example. #2

And finally, never lose hope in God's mercy. #4

These then are the tools of the spiritual craft . . . The workshop where we are to toil faithfully at all these tasks is the enclosure of the monastery and stability in the community. #4

We descend by exaltation and ascend by humility #7

His heart quietly embraces suffering and endures it without weakening or seeking escape. For scripture has it anyone who perseveres to the end will be saved. #7

Ascending all these steps of humility, the monk will quickly arrive at the perfect love of God which casts out fear. #7

Prayer should therefore be short and pure, unless perhaps it is prolonged under the inspiration of divine grace. In community, however, prayer should always be brief. #20

It is the abbot's responsibility to have great concern and to act with all speed, discernment and diligence in order not to lose any of the sheep entrusted to him. He should realize that he has undertaken care of the sick, not tyranny over the healthy. . . . He is to imitate the loving example of the Good Shepherd who left the ninety-nine sheep in the mountains and went in search of the one sheep that had strayed. #27

Every age and level of understanding should receive appropriate treatment. #30

Above all, let him be humble, If goods are not available to meet a request, he will offer a kind word in reply. #31

Whoever needs less should thank God and not be distressed, but whoever needs more should feel humble because of his weakness, not self important because of the kindness shown to him. #34

Monks should diligently cultivate silence at all times, but especially at night #42

No one is to presume to eat or drink before or after the time appointed. #43

So that everything may be done at the proper time #47

The brothers should have specified periods for manual labor as well as for prayerful reading. #48

When they live by the labor of their hands, as our fathers and the apostles did, then they are really monks. #48

Yet all things are to be done with moderation on account of the fainthearted. #48

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All guests who present themselves are to be welcomed as Christ, for he himself will say: I was a stranger and you welcomed me. #53

Great care and concern are to be shown in receiving poor people and pilgrims, because in them more particularly Christ is received. #53

If there are artisans in the monastery, they are to practice their craft with all humility . . . so that in all things God may be glorified. #57

Do not grant newcomers to the monastic life an easy entry, but as the Apostle says, Test the spirits to see if they are from God. #58

The abbot is not to disturb the flock entrusted to him nor make any unjust arrangements, as though he had the power to do whatever he wished. #63

The younger monks, then, must respect their seniors, and the seniors must love their juniors. #63

The abbot, because we believe that he holds the place of Christ is to be called 'lord' and 'abbot' not for any claim of his own, but out of honor and love for Christ. He, for his part must reflect on this, and in his behavior show himself worthy of such honor. #63

Goodness of life and wisdom in teaching must be the criteria for choosing the one to be made abbot. #64

[The abbot] must be chaste, temperate and merciful. He should always let mercy triumph over judgment so that he too may win mercy. He must hate faults but love his brothers. . . . He is to distrust his own frailty and remember not to crush the bruised reed. By this we do not mean that he should allow faults to flourish, but rather as we have already said, he should prune them away with prudence and love as he sees best for each individual. Let him strive to be loved rather than feared. 64

[The abbot] should show forethought and consideration in his orders, and whether the task he assigns concerns God or the world, he should be discerning and moderate [and] arrange everything that the strong have something to yearn for and the weak have nothing to run from. #64

Obedience is a blessing to be shown by all, not only to the abbot but also to one another as brothers. #71

No one is to pursue what he judges better for himself, but instead, what he judges better for someone else. To their fellow monks, they show the pure love of brothers; to God, loving fear; to their abbot, unfeigned and humble love. 72

Let [the monks] prefer nothing whatever to Christ, and may he bring us all together in everlasting love. #71