



A Prayer for Our Time Together and For Our Future

Dear Lord God, You Are the Father and Mother of us all, and Creator of All that is.

Help me welcome any uncomfortableness with this prayer and our time together and transform it into a more profound and deeper life in You.

Help me own my moments of distrust, concern, and doubt-filled wondering about You, with a growing unshakable trust and faith in You – Your Presence in all my Brothers and Sisters - Your Presence in all the joys and tragedies of our existence on this beautiful Earth – Your Eternal Presence.

Help me continue to let go of my self-centered fears of self-doubt, self-absorbed fear, fear of rejection and loss of the approval of others. And help me live into a deeper personal experience of being a Beloved Son of Your's in Whom You are well pleased. I know it is all One Day At A Time – though I often forget that.

Help me believe much more deeply that You really have built us all to be Reconcilers, Healers, Wounded Healers, Bridge-builders, and Sons and Daughters of Forgiveness. I often doubt that I have the will, skill or wisdom to be all that for myself, my loved ones, let alone for the World. I pray to trust that You will give me the words as you gave the words to Moses to lead his people from bondage.

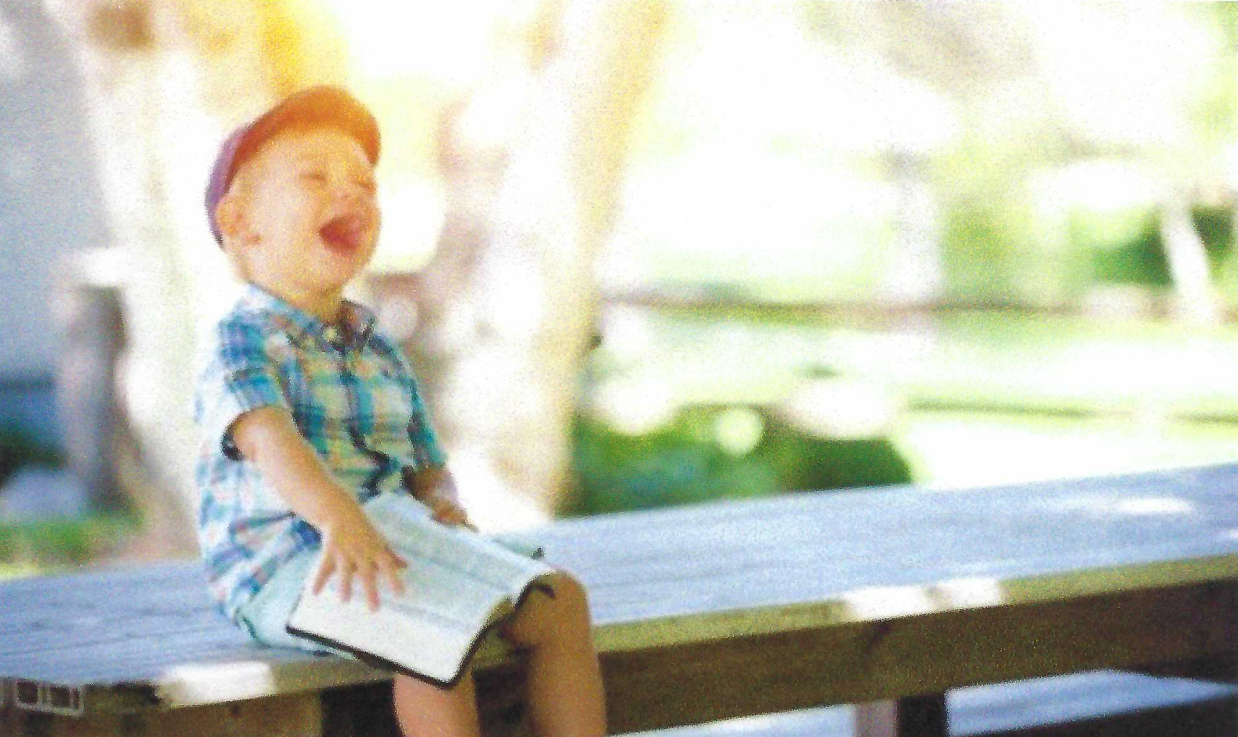
Help me to be willing to always be a beginner and let go of my ego and my mental pride. Help me listen to my heart and be a “yes”, instead my automatic “no”.

Help me to not be stopped by my anxieties and fears, and choose the path of courage, the path of the good warrior, the path of Being A Beloved Son.

Help me to trust that when I pray to You for healing and reconciliation in the world and in myself, that my prayers really matter and are heard by You.

Help Thou my unbelief and help me be more willing, open and honest as Your Beloved Son. Help me to be willing to be more and more dependent upon You.

Love – Me, Your Beloved Son





The inspiration from God for this retreat on being beloved sons and reconciliation is from a Henri Nouwen meditation:

Born to Reconcile

“If you dare to believe that you are beloved before you are born, you may suddenly realize that your life is very, very special. You become conscious that you were sent here just for a short time, for twenty, forty, or eighty years –

To discover and believe that you are a beloved child of God. The length of time doesn’t matter. You are sent into this world to believe in yourself as God’s chosen one and then to help your brothers and sisters know that they are also Beloved Sons and Daughters of God who belong together [as One].

You’re sent into this world to be a people of reconciliation. You are sent to heal, to break down the walls between you and your neighbors, locally, nationally, and globally.

Before all distinctions, the separations, and the walls built on foundations of fear, there was a unity [Oneness] in the mind and heart of God.

Out of that unity, you are sent into this world for a little while to claim that you and every other human being belongs to the same God of Love who lives from eternity to eternity.”

Daily Meditation – December 29, 2020; and 2 Corinthians 5:18



Schedule Overview

Welcome and Prayer

Focus on Being Beloved Sons

Council Groups and Full Group deep sharing

Break

Focus on Reconciliation

Meditative Walk and Quite Time

Council Groups and Full Group deep sharing

Recap

Keeping up some momentum with “Homework” :

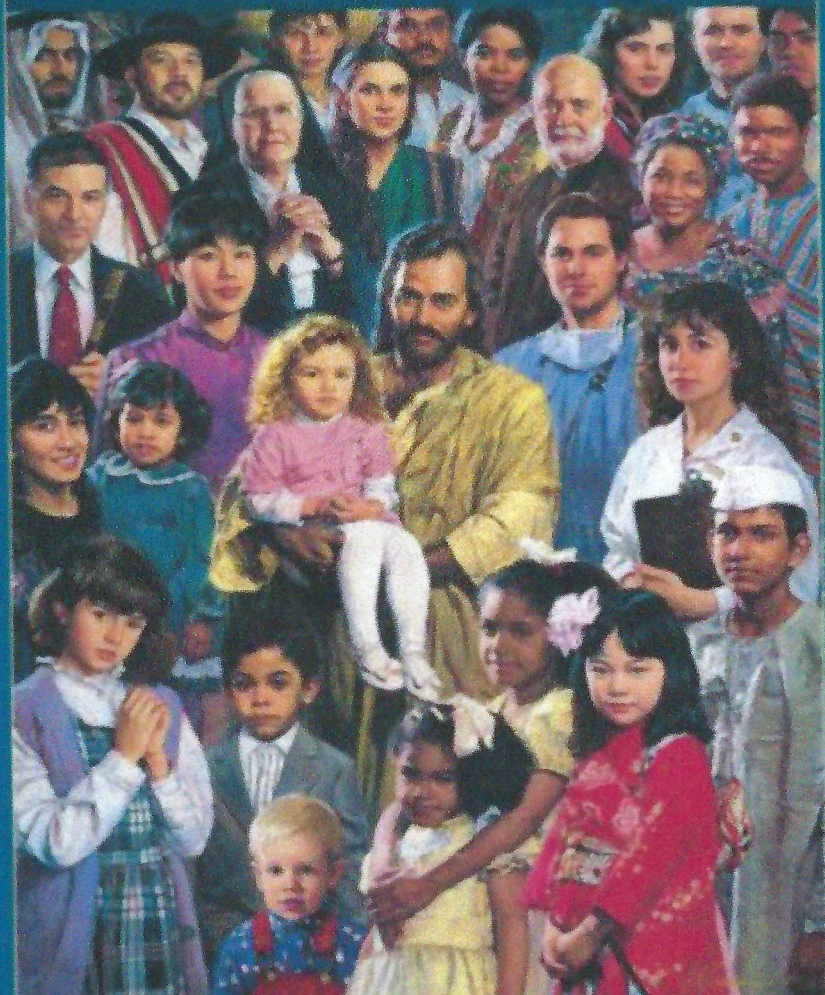


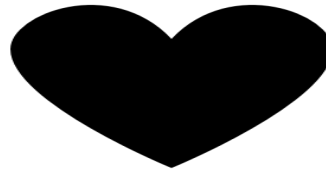
Creating a Prayer for and from your Soul

Closing with a musical Irish Blessing

ELLEN G. WHITE

SONS AND DAUGHTERS OF GOD





Just what might it mean for me/us to

“Be Beloved Sons of God, In Whom God Is Well Pleased”?

For your consideration, prayer, reflection, and experiencing - some possibilities:

I am both Divine and Human – owning the joy of both more and more deeply

I am a Co-Creator with God

The Kingdom of Heaven is within me – more than “up” or “out there”

I am an Instrument of God – Jesus’ hands in the world

I am a mirror of God – a mirror for others – mirroring unconditional love

We are all One Body – I let go of the illusion of separateness

from anybody or Creation

I am God’s Light for the World

I am an alternative to via negativa - and a place of via transformativa

I am gifted, tested, and ultimately resurrected, as well.

What else??

And:

>>>> “Define yourself radically as one beloved by God.

This is the true self. Every other identity is an illusion.

-- Brennan Manning in “Sermon Quotes”

>>>>> “God loves each of us as if there were only one of us” -- Saint Augustine

On Reconciliation: Some Suggestions for Prayer and Reflection



- 1 We are all blessed works in progress – Beloved By God. God rejoices at our so-called small steps.
- 2 Our own inner transformation is the deep inner work of our heart, our Soul, of God..not our learned and culturally taught over-reliance on our minds alone. To be whole, we need balance among all our “spiritual centers”
- 3 It is far more powerful, effective, and Spirit-guided to live (act, behave, believe) our way into a transformed life as Beloved Sons of God. Thinking our way into a transformed life is likely unsuccessful, even inadequate. (Thanks to Richard Rohr)
- 4 Our own inner pain must first be transformed (make it ok to be a work in progress) if we are to be reconcilers for others and their pain. Or, toxicity creates more toxicity.
- 5 Why the urgency of reconciliation? See, observe, and listen to the news and moments of despair in ourselves and the unrelenting, ever-present despair in others and all Creation.
- 6 Being reconcilers is part of our “spiritual DNA”, our spiritual job description as Beloved Sons of God. Truly, this is Good News. (See Henri Nouwen’s meditation)
- 7 Change is slow. All we need do is just look within to know that. Change is slow in the world, as well. A sense of urgency is needed.
- 8 We are Co-Creators with God in our own inner reconciliations (changing) and that of the world.

What else?



Using the idea that each of us has the Gift of many “parts”

We are talking about experiencing reconciling the different inner “parts” of us. There is no one way to conclusively “name each part”. Each of us has a different path. Here are some examples of “parts” to be reconciled within our self:

Reconciliation within me likely includes aspects of the following:

My Divinity and my humanity

My masculine and feminine energies

My light and my shadow

My inner child (wounded?) and “me”

My self-love and self-hate

My public self and my private/hidden self

My Real (True) Self and my false self

My self that is known to me and what I hide/ignore/deny

My self that carries shame or low self esteem and myself that has learned self-compassion.

My self that carries a lot of commitment to “looking good”, to pretense and myself that is willing to be vulnerable, authentic, and knows his imperfection.

My self that is predisposed to judge, be angry, or resentful, or be a cynic; and the part of me that simply loves unconditionally

My self that has an Enneagram preference and that I have all preferences available to me – for wholeness
(The same is true for my Myer’s-Briggs type)

What else?

These inner reconciliations will likely take a life-time. God’s mysterious work within us and our own intentions and actions are required – being Co-Creators with God. We cannot do this alone, contrary to what our ego might tell us. When we see ourselves isolate and play “Lone Ranger” we’ll likely be stuck. God’s Grace can help us.

And, It is no accident that patience is often regarded as the companion to wisdom.

Taking our reconciling and transforming selves as Beloved Sons of God into the



Picture in your mind - circles within circles.

The inner-most circle is my own inner reconciliations and healing from pain and toxicity.

A partner in that innermost circle: Is my reconciliation with God

The next circle going outward: Are members of my immediate family, my
partner/spouse

Are my co-workers, fellow parishioners,
community leaders

Are my fellow citizens in my town, state
or geographical location

Are my fellow citizens in my country

Are my fellow citizens of the world

Where do you feel the greatest sense of urgency for yourself right now?

What's your experience of being inspired to consider a next step or take an action?

What else? Thoughts?



**"Blessed are the peacemakers: for
they shall be called the
children of God."**

Matthew 5:9 (KJV)

Sacred Listening (or, dialoguing with God): Some Thoughts



[You'll have 30 minutes and then convene in your Circle at your keyboard, ready to share fully and with courage.]

Start:

Picture where you can walk to in silence and without interruptions or distractions. Or, picture where you can go and sit quietly grounding yourself in the here and now. Go there.

Take your journal for reference – today's notes, perhaps.

Take some deep breaths, allow yourself to relax, and let go of the extraneous.

Then:

Listen, as best you can, for what your heart is telling you. Allow your mind to do a non-judgmental interpretation (or your heart or elsewhere in your body) if that helps. Where else in your body, is there a Call to listen? Do you have a sense of the still small voice of God, perhaps? Jesus? The Holy Spirit?

Staying quiet and present:

On a blank sheet of paper, write God a letter (if words or small phrases come, great, grammar or sentence construction isn't particularly important <grin>)

Start with "Dear God"

Write the gratitude in you in this present moment

Tell God what you feel, sense, understand (or otherwise), about Being A Beloved Son of God in Whom God is well pleased.

Share with God your feelings about reconciliation, within yourself, with God, and with others in the circles you imagined a little while ago. Say what you're embarrassed about or judge as "bad" or disrespectful of God or others. God embraces us especially in our vulnerability, our imperfection, and our human need to "perform".

Return to your desk/keyboard...

....giving thanks to God for God's Presence, and your willingness, albeit imperfect, to listen deeply.

John O'Donohue on "The Prayer for Your Wild Soul"

[A personal prayer to God from you]

"Give yourself time to make a prayer that will become the prayer of your soul. Listen to the voice of longing in your soul. Listen to your hungers. Given attention to the unexpected that lives around the rim of your life. Listen to your memory and to the inrush of your future, to the voices of those near you and those you have lost.

Out of all that attention to your soul, make a prayer that is big enough for your wild soul, yet tender enough for your shy and awkward vulnerability; that has enough healing to gain the ointment of divine forgiveness for your wounds; enough truth and vigor to challenge your blindness and complacency; enough graciousness and vision to mirror your immortal beauty.

Write a prayer that is worthy of the destiny to which you have been called. This is not about any self-absorbed narcissism. It is about honoring the Call of your soul and the Call of eternity in you. Take as much time as you need to find the shape of the prayer that is appropriate to your essence. It might take a month or a year.

When you have shaped it, memorize it. When you have learned it by heart, you will always carry this gracious prayer around the world with you. Gradually, it will grow into a mantra companion. It will be the Call of your essence, opening you up to new areas of birth; it will bring the wild and tender light of your heart to every object, place, and person you will meet."

John O'Donohue in "Eternal Echoes"



Resources to Support and Encourage You

At a fairly recent retreat, “The Journey Toward Wholeness” one of our Elders, Mike Maloney, led and presented on a range of topics. He provided two very insightful and provocative short written pieces: “Forgiveness” and “Intro to Wounded Inner Children”. He will send you the documents if you send him an email with your request: maloney2665@gmail.com.

Henri Nouwen. Henri Nouwen Meditations. From the Henri Nouwen Society. admin@henrinouwen.ccsend.com. These daily one or two paragraph meditations are consistently profound and very spiritual. He is also known for his writings on the wounded healer. I regard him as yet another gifted contemporary mystic.

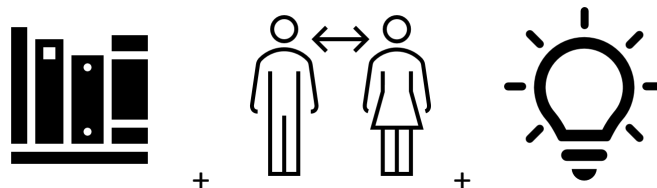
John O’Donohue. He is an extraordinarily poetic writer – an Irish mystic -- bringing much clarity to the human condition. He consistently points the way to discerning and harvesting the gifts from difficulties of all kinds.

Eternal Echoes

Anam Cara [translated as Soul Friend]

To Bless the Space Between Us

+ others





Matthew 3:15-17

17 And lo a voice
from heaven,
saying, This is
my beloved Son,
in whom I am
well pleased.

