

Presentation Notes

2024-2025 Themed Retreat



Friday Evening Prayer – Fr. David Cinquegrani, C.P.

- There is nothing more worthwhile than to pray to God and to converse with God, for prayer unites us with God as beloved companions. (Saint John Chrysostom)
- The prayer of the humble pierces the clouds, and it will not rest until it reaches its goal; it will not desist until the Most High responds and does justice for the righteous and executes judgment. (Sirach 35:21-23)
- Prayer is the soul's sincere desire, uttered or unexpressed. The motion of a hidden fire that trembles in the breast. (James Montgomery)
- Prayer flows from the Holy Spirit who knows how to place on our lips the right words in order to be heard by God. (Pope Francis)

Recommended Books: *The Only Necessary Thing* by Henri Nouwen; *God's Voice Within* by Mark Thibodeaux, S.J.; *How to Pray: A Simple Guide for Normal People* by Pete Greig

Saturday Morning Prayer – Fr. Terry Kristofak

- You have chosen to come freely on retreat.
- We live in a world of many divisions.
- Be imitators of God and live in love.
- Our prayer is now and looks to the future

Recommended Books: *Holy Moments* by Matthew Kelly; *Praying the Truth* by William Barry, S.J.

Saturday Morning Conference – Deb Brown-Norko

- Find ways to integrate silence in your daily life by turning off technology. Practice turning down the inner noise as well.
- Incorporate time for solitude every day; intentionally make time to be with God. Start with short periods of time and increase if possible.
- Try to pray throughout your day. Consider practicing Statio, the "Jesus Prayer" or

Two-word prayers:

Calm me/quiet me/settle me...
Steady me/ balance me/ ground me...
Plant me/ root me/ embed me...
Support me/ sustain me/ protect me...
Forgive me/ pardon me/ free me...
Refresh me/ restore me/ heal me...
Enfold me/ embrace me/ hold me...
From: concordpastor.blogspot.com

Recommended Books: *The Way of the Heart; Connecting with God through Prayer, Wisdom, and Silence* by Henri Nouwen; *The Way of a Pilgrim* translated by Nina A. Toumanova; *Saint Teresa of Avila: Passionate Mystic* by Mirabai Starr

Reconciliation – Liza Peters

James 5:13-18

- By celebrating the sacrament of Reconciliation, we heal our broken relationship with God, and in doing so, we heal the Body of Christ together.
- Our healing is bound up with the healing of others.
- We celebrate this sacrament in a community of believers because we want everyone to be in right relationship with God.

Recommended Books: *The Little Book of Prayers* edited by David Schiller; *How to Pray* by C.S. Lewis

Saturday Evening Conference – Fr. David Cinquegrani, C.P.

- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)
- Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. (Romans 8:26)
- If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. (John 15:7)

Sunday Morning Prayer – Sr. Maryann Cantlon, CSJ

- The Reading from the First Book of Kings is Eucharistic.
- It is a reminder of the strength that Eucharist gives us as well as the strength that all forms of prayer offer us on our journey.

Recommended Books: *Psalms: The Prayer Book of the Bible* by Dietrich Bonhoeffer; *Why Bother Praying* by Richard Leonard, S.J.

Sunday Morning Conference – Noel Terranova

- Silence in prayer not only attunes us to God, it capacitates us to truly give attention to others.
- “Attention is the rarest and purest form of generosity.” Simone Weil
- Gratitude is a primary mode of prayer. It connects us to the good things in life; gives us hope for the future; strengthens resilience; improves physical health.
- The Greek word for “give thanks” is *eucharisteo*; the Eucharist is our prayer of thanksgiving
- Contemplation and action are the diastole and systole (heartbeat) of the Christian life.
- To abide in God’s love means to bring the love of God to the world through our actions.

Recommended Books: *Open Mind, Open Heart* by Thomas Keating; *Reimagining the Ignatian Examen* by Mark Thibodeaux, SJ