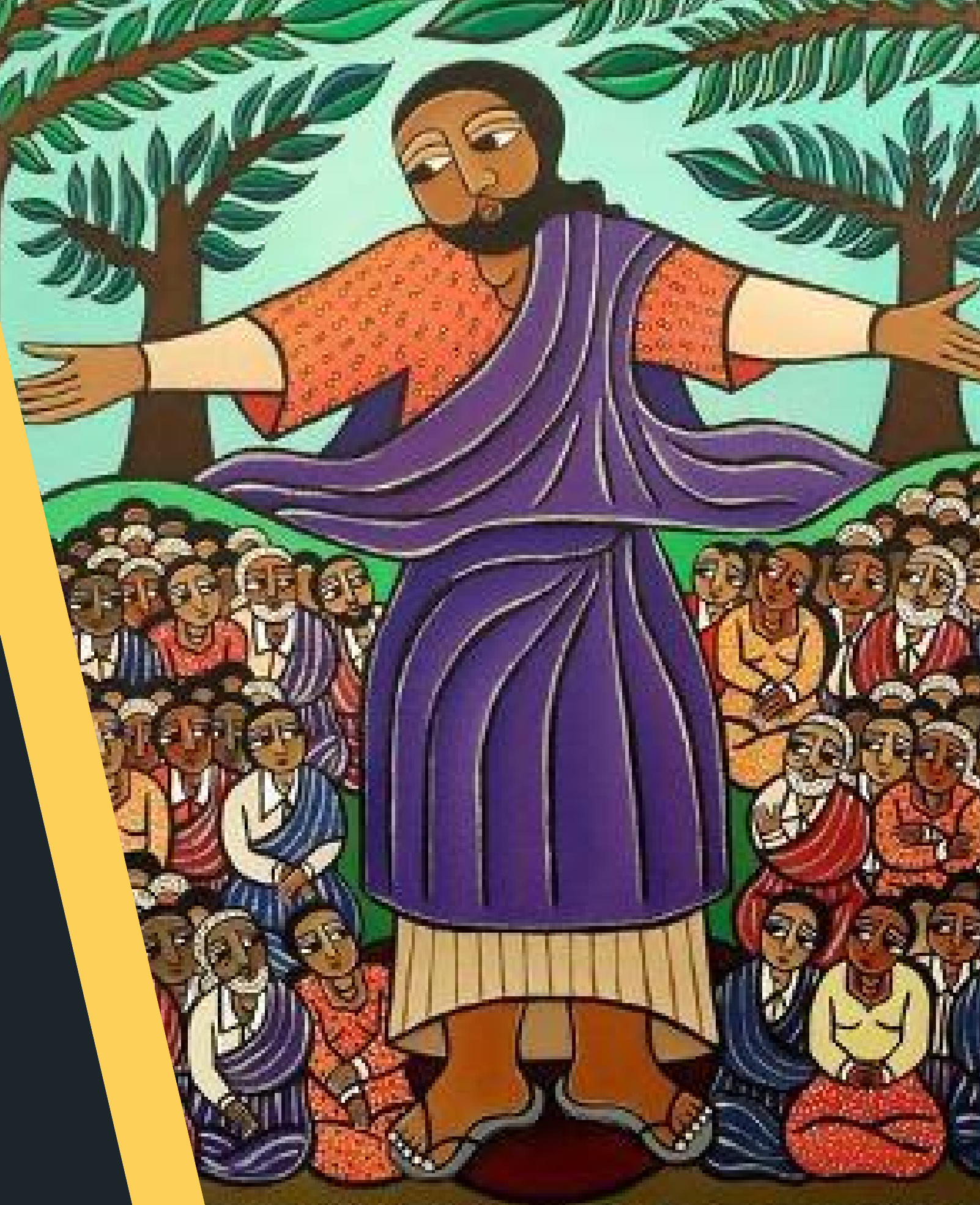


A SUMMER 2020 CONTEMPLATIVE RETREAT SERIES

SPIRITUAL PRACTICES FOR LIVING AS AN ANTIRACIST PERSON

A Sacramental Life Community on Patreon
Sermon on the Mount by Laura James



...ates, Jesus went up into a mountain, and he opened his mouth
...e poor in spirit; for theirs is the Kingdom of heaven. Blessed are the
...one the meek; for they shall inherit the earth. Blessed are the pure

CONVERSATION GUIDELINES



LISTEN, LAMENT, LIVE DIFFERENTLY.

Listening Posture

Confidentiality

Receiving Mode vs. Giving Mode

Kingdomship vs. Partisanship

Faithful, Non-Anxious Presence

RETREAT #1

TIMELINE FOR JUNE 30

7:00 - 7:40 - Welcome

Conversation Guidelines

Prayer & Lectio Divina

Using the Daily Examen

7:40 - 8:10 - Break for Individual Reflection

8:10 - 8:20 - Responses from Individual Reflection

8:20 - 8:50 - Dialogue with Vernée Wilkinson

8:50 - 9:00 - Next Steps and Closing Prayer

“

MATTHEW 10:40-42 (MSG)

“We are intimately linked in this harvest work. Anyone who accepts what you do, accepts me, the One who sent you. Anyone who accepts what I do accepts my Father, who sent me. Accepting a messenger of God is as good as being God’s messenger. Accepting someone’s help is as good as giving someone help. This is a large work I’ve called you into, but don’t be overwhelmed by it. It’s best to start small. Give a cool cup of water to someone who is thirsty, for instance. The smallest act of giving or receiving makes you a true apprentice. You won’t lose out on a thing.”

LECTIO DIVINA

LISTEN & HOLD LIGHTLY

After 1st reading: What word, image, or phrase stands out?

After 2nd reading: Where does the Lord seem to be in relation to you
Near? Far? Other?

After 3rd reading: What may God's spirit be saying to you? How will you respond?

Remain in silence as you listen for God. Then sketch a simple image or write a simple response to Matthew 10:40-42. We'll hold our words/images up to the screen to share with each other.

FAITHFUL, NON-ANXIOUS PRESENCE WITH GOD & OURSELVES

”Desire: to reflect on where I was most and least present to God’s love in my day.

Definition: The examen is a practice for discerning the voice and activity of God within the flow of the day. It is a vehicle that creates deeper awareness of God-given desires in one’s life.”

(Adele Ahlberg Calhoun)

**a daily
examen**

**for living as an
antiracist person**

RESPOND

RECEIVING MODE VS. GIVING MODE

1. Speak & listen in first-person
2. Be specific, not detailed in your sharing.
3. Refrain from giving advice or speaking on behalf of someone else.

THE QUESTIONS

What word or phrase stands out from your time with the Examen?

Where does the Lord seem to be in relation to you
Near? Far? Other?

Where do you feel in relation to others?

What may God's spirit be saying to you? How will you respond?

**a daily
examen**

**for living as an
antiracist person**

NEXT STEPS

RETREAT #2: CULTIVATING A RULE OF LIFE
FOR LIVING AS AN ANTIRACIST PERSON
JULY 23, NOON - 2PM

RETREAT #3: CALL AND RESPONSE FOR
LIVING AS AN ANTIRACIST PERSON
AUGUST 25, 7-9 PM

A SUMMER CONTEMPLATIVE RETREAT SERIES
AT PATREON.COM/SACRAMENTALLIFE

**Spiritual
Practices**

FOR

**Living
as an
Antiracist Person**

#LOOKLISTENPRAYDO.

Rhythm of Life for Antiracism

As you reflect on the questions in #5 of the Examen and as you consider what you've been learning from people of color and the encouragement in Romans 12, how might living as an antiracist person show up in all parts of your life?

SPIRITUAL

RELATIONAL

VOCATIONAL

FINANCIAL

INTELLECTUAL

PHYSICAL

EMOTIONAL

MISSIONAL

CALL & RESPONSE

"Awakening to concern for, and engagement in, the work of shalom is a response to God's call—God who himself cares about brokenness and is himself the Just One doing justice. He will pace the call, and carry it; he will lead us in rhythms that sustain rather than deplete; he has begun this work before we respond and he will continue it after he releases us into wholeness either side of eternity. Causes are a reaction to brokenness; at their best they can burn us out, and at their worst they can be manipulative and themselves tainted by injustice. In contemplative spiritual direction, we help a directee to hear the voice of God, and to live into his call."

- Susan P Currie with the Selah Faculty
for LTI's Selah Certificate Program in Spiritual Direction

SIX QUESTIONS

1. One thing I've changed my mind about this summer:
2. One of the emotions that continues to be stirred in me this summer as I've considered the injustice of racism:
3. One practice or action I've given up in order to make more space for racial justice:
4. One practice or action that feels most natural to me as I hope to speak up, show up and affirm people of color in society:
5. One community of influence I most hope to take actions that nourish the longing for racial justice:
6. One thing I need to help me stay present to the practices of antiracism: