

Resilience: The Immune System of the Human Spirit

Suggestions for further reflection:

What graces have you received during the retreat?

What will you do to continue them?

Offer a prayer of gratitude for your blessings, and ask for determination to continue them into the future.

What specific practices will you practice to bolster your resilience during these frayed times?

Return to the handout for Monday, and use one or more of the suggestions given there during your prayer time.

Journal about the impact COVID-19 is having upon you: your physical, emotional, mental and spiritual well-being. What graces do you need at this time?

Reflect on Jn 15: 4: Make your home in me as I make mine in you. Into how many rooms have you invited Jesus during retreat?

Pray with Mt 28: 20: I am with you always till the end of the world.

Three Kinds of Souls, Three Prayers: which am I?

1. I am a bow in your hands, Lord, draw me, lest I rot.
2. Do not overdraw me, Lord, I shall break.
3. Overdraw me, Lord, and who cares if I break. -- Nikos Kazantzakis



“Nothing is more practical than finding God, that is, than falling in love in a quiet, absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything.”

--Pedro Arrupe, S.J.

“It is a wonderful day in a life/ when one is finally able to stand/ before the long, deep mirror of one’s own reflection and view oneself/ with appreciation, acceptance, and forgiveness. On that day/ one breaks through the falsity of images and expectations/ which have blinded one’s spirit. One can only learn to see who one is/ when one learns to view oneself/ with the most intimate and forgiving compassion.”

--John O’Donohue

“It is time pounding at you, time. Knowing you are alive/ is watching on every side/ your generation’s short time/ falling away as fast as rivers drop through air,/ and feeling it hit hard.”

-- Annie Dillard

“May you be blessed in the holy names of those/ Who, without you knowing it, help to carry and lighten your pain. May you know serenity/ when you are called/ to enter the house of suffering. May a window of light always surprise you. May you be granted the wisdom/ to avoid false resistance; when suffering knocks on the door of your life, may you glimpse its eventual gifts. May you be able to receive the fruits of suffering. May memory bless and protect you/ with the hard-earned light of past travail; to remind you that you have survived before and though the darkness now is deep, you will soon see the approaching light. May the grace of time heal your wounds. May you know that though the storm might rage, not a hair of your head will be harmed.”

--John O’Donohue

