

notes 11/12/16

### Retreat in July (Montserrat)

Last meeting will be in August - Saturday only  
certificates will be presented at 9am Mass at St. Mary's

### Three Phases of Humility (October handout)

- ↓
- "can be freedom" if we accept this  
consider it with - dossier  
- God's love and mercy  
- Principal and Foundation

### Mystery of Sin

Dossier

Psalm 139

Know God loves you

} Pre-work for addressing the mystery of sin

Those seeking Spiritual Direction often have an image of God from childhood.

Dossier is helpful in having them look at their image of God. Image of God helps when dealing with pain (of any sort) and their understanding of "offer it up".

Everything around you influences you.

Fr. Tetlow: "I take my culture into myself" (and I contribute to it).

Fr. Ron: "Know your biases."

We need to know "who we are" and encourage others to do the same.

### Dossier:

"Difficult" parts are those that need to most attention.

Helps us recognize things about self, that we don't like (e.g. ego, selfishness)

Two fears: judgment

re-opening of old wounds

May (or may not) share with Spiritual Director.

- the exercise (telling to self) is most important

Identity is important

- dossier helps with knowledge of self ("Who am I?")

- important to see God's role ("Who am I in God?")

Invites us to see where God was, in that moment.

Helps us to understand why we do what we do, and where God is in what we do.

BREAK

### Rule 11

*The eleventh: let one who is consoled seek to humble himself and lower himself as much as he can, thinking of how little he is capable in the time of desolation without such grace or consolation. On*

*the contrary, let one who is in desolation think that he can do much with God's sufficient grace to resist all his enemies, taking strength in his Creator and Lord.*

Consolation is by God's grace.

- need to humble self

Rule 9 says God permits us to experience desolation.

"Humility is the spiritual soil from which all virtues grow."

We must acknowledge that we cannot control desolation.

## Rule 12

- Temptation**
- can come without signs of desolation
  - can come with "a great attraction"
  - is the "seedbed" of those characteristics of desolation
  - is the work of the enemy, designed to disrupt our relationship with God.

**Rules 12, 13, 14** use metaphors to help describe rules.

LUNCH

### Case Study - Karen

Spiritual/Emotional/Physical pains/hurts are all present.

Spiritual/Emotional/Physical pains are present in all of us and are inter-connected.

Note: make NO changes when in desolation.

## Rule 12

*The twelfth: the enemy acts like a woman in being weak when faced with strength and strong when faced with weakness. For, as it is proper to a woman, when she is fighting with some man, to lose heart and to flee when the man confronts her firmly, and, on the contrary, if the man begins to flee, losing heart, the anger, vengeance and ferocity of the woman grow greatly and know no bounds, in the same way, it is proper to the enemy to weaken and lose heart, fleeing and ceasing his temptations when the person who is exercising himself in spiritual things confronts the temptations of the contrary, if the person who is exercising himself begins to be afraid and lose heart in suffering the temptations, there is no beast so fierce on the face of the earth as the enemy of human nature in following out his damnable intention with such growing malice.*

**The enemy is essentially weak.**

**Case Study:** Steve (Gallagher p 155-157)

**Case Study:** Mary

In Spiritual Direction, the director should avoid talking about self and own experiences. A Spiritual Direction session is about the directed and his/her experiences.

As open-ended questions.

Practice “empathetic listening”.  
Avoid “advising” (not pastoral counseling)

BREAK

**\*\*HWK - Meditation: Three Times When We Come To Decisions and Choices (for Friday night in Dec.)**  
**\*\*HWK - Case Studies: Brackman, Rolando**  
**\*\*HWK - Read “Practice of Spiritual Direction” chapters 5 and 6**  
- Read “God’s Voice Within” pages 9-56

### Rule 13

*The thirteenth: likewise he conducts himself as a false lover in wishing to remain secret and not be revealed. For a dissolute man who, speaking with evil intention, makes dishonorable advances to a daughter of a good father or to a wife of a good husband, wishes his words and persuasions to be secret, and the contrary displeases him very much, when the daughter reveals to her father or the wife to her husband his false words and depraved intention, because he easily perceives that he will not be able to succeed with the undertaking begun. In the same way, when the enemy of human nature brings his wiles and persuasions to the just soul, he wishes and desires that they be received and kept in secret; but when one reveals them to one’s good confessor or to another spiritual person, who knows his deceits and malicious designs, it weighs on him very much, because he perceives that he will not be able to succeed with the malicious designs, it weighs on him very much, because he perceives that he will not be able to succeed with the malicious undertaking he has begun, since his manifest deceits have been revealed.*

Enemy wants us to keep things to ourselves, not reveal them.  
He wants these things to be kept secret, e.g. negative messages and doubts.  
Ignatius is firm that we should take these things “to a good confessor or another spiritual person”.

Gallagher p164-166: Therese experience of enemy’s lies and temptations

### Rule 14

*The fourteenth: likewise he conducts himself as a leader, intent upon conquering and robbing what he desires. For, just as a captain and leader of an army in the field, pitching his camp and exploring the fortifications and defenses of a stronghold, attacks it at the weakest point, in the same way the enemy of human nature, roving about, looks in turn at all our theological, cardinal, and moral virtues; and where he finds us weakest and most in need for our eternal salvation, there he attacks us and attempts to take us.*

“Know your weak points (and strengthen them)”

Gallagher Conclusion

Note last sentence of text (p.187):

**"Discernment of spirits is the quest for that freedom, a spiritual adventure that leads surely to the God whose love never ceases to call our hearts."**

Need to have:

- list of contacts
- prayer life
- our own Spiritual Directors
- knowledge of Scripture
- relationship with Jesus Christ.