

Discernment as a way of doing and being

"The RFP is not our work....it is a reflection of our work"

- Dorothy Linthicum, BFL Catechist

Doing & Being

We are quite good at and preoccupied with doing....so when is there time for being? What does that look like?



Being....with the sacredness of an ordinary moment, surrounded by nature.

Being...with the sacredness of others, family, friends and even strangers.

Being....with a piece of scripture, a poem or a quote that resonates deeply.

Being...after receiving communion and getting lost in the mysterious experience.

Being...with our sense of God, of Jesus, of the Holy Spirit in the quiet of the early morning or evening.

Being...surrounded by the love of God and discovering we are children of God, loved just as we are.

Being...by moving from our minds to our spiritual heart, listening for God.

Being...while living our lives as a prayer in every moment...every day....in the ordinary and extraordinary moments.



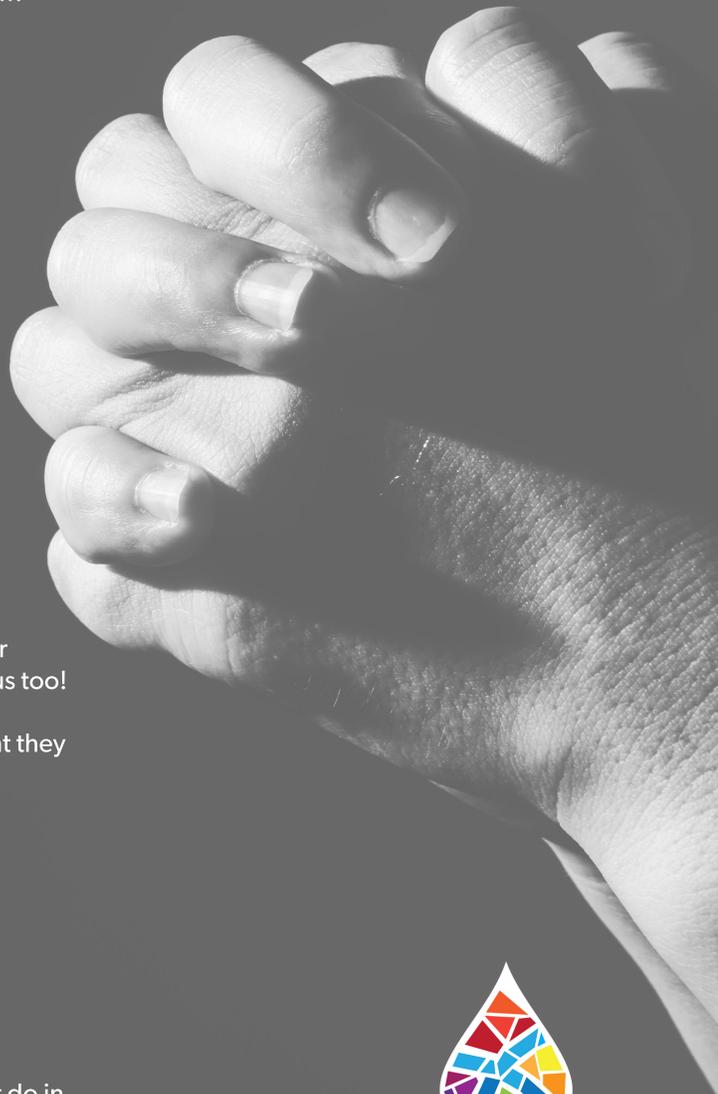
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What does a DAILY PRACTICE look like?

Whatever you want it to look like!!!! Try it with a small circle of fellow seekers or maybe on your own...just make it easy! Invite this way of being to show you a new way of living...and start by doing this for a few seconds a day, then perhaps a few minutes and then see where this leads you. Here are suggestions to choose from.

CONSIDER:

- While making coffee or tea in the morning, read Forward Day by Day as you await the first sip....then enjoy the chosen beverage with a reflection of your own...maybe in your mind, maybe in your heart, maybe with your journal.
- While driving loved ones around, pray for those who are with you and those who are dear to you, then your fellow drivers and even your enemies.....silently or aloud....
- Practice gratitude...for a roof, for food, for anything....
- Contact someone who might be having a tough time to just listen...not fix them, just to listen deeply, and let them know how much they are loved.
- Have a conversation with God, as you would with a loved one...share your joys, sorrows and frustrations....all with gratitude for the Holy One & this life we are living in relationship. (You might do this on a morning walk, while driving, while making dinner or on a lunch break from work. Maybe this is an exercise before bed or while falling asleep.)
- Think about a word or phrase that seems to be consistently showing up and meditate on where it has come from and where it may be guiding you (love, treasure, mercy, grace...)
- Read or re-read any of the books that are part of this BFL/VEA journey and write your own narrative, either on paper or in your mind. Invite your heart to be part of this narrative and invite Jesus too!
- Listen for the birds and watch them too....marvel at how present they are to the moment and invite yourself to be that way too...
- Watch and listen to less news and limit the use of technology. Fill that time with.... stillness and silence.
- Write a love letter...to God.
- Look deeply into the eyes of anyone you meet and radiate love through a warm smile.
- Accept the sadness and sorrows by asking God what you might do in response...prayerfully and intentionally
- Breathe....deeply and attentively....if only for 30 seconds... just close your eyes and breathe.



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RESOURCES

To use in solitude and in community, together and when apart.

To access materials for quotes, reflections, meditations:

Listening Hearts Ministries: listeninghearts.org

Center for Action and Contemplation: cac.org

Forward Movement: forwardmovement.org

Shalem Institute: shalem.org

To learn more about Centering Prayer:

<https://bustedhalo.com/ministry-resources/lectio-divina-beginners-guide>

A book to Enjoy...Again:

The Stories We Live- Finding God's Calling All Around Us

(Randomly re-read this gem of a book....or read it again for the first time!)

The BIBLE!

"come away by yourselves to a deserted place and rest a while" -- Mk 6:31

"to be strengthened with power through his Spirit in the inner self" -- Eph 3:16-17

"be still and know that I am God." --Ps 46:10

"go to your inner room, close the door, and pray to your Father in secret" -- Mat 6:6 a book....or read it again for the first time!)

Contemplative Prayer

www.patheos.com/progressive-christian/contemplation-and-the-bible-carl-mccolman-04-11-2012

Contemplative prayer can be defined as prayer steeped in silence, characterized by a sense of resting or repose in God's divine presence, while remaining alert to—that is to say, beholding—the movement of the Spirit within our lives. Each of these elements, thankfully, is richly affirmed in scripture.



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"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking." — Richard Rohr