

Daughters of the King Assembly
Camp Allen/March 11, 2006

This is the time of fulfillment. The Kingdom of God is at hand.

Repent and believe in the gospel.

(Mk 1, 15) or

Turn away from sin and be faithful to the Gospel.

Without constant prayer and conversion to the ways of God's Kingdom, we will be poor servants of the Good News. So as we enter one more season of Lent, we beg the Holy Spirit to gift us with
Lenten Patience!

PATIENCE or Longsuffering is

... the suffering or enduring (of pain, trouble, or evil) with calmness and composure, without discontent or complaint. (OED)

... a willingness to stick to things. (*The Message*, Eugene Peterson)

...really the lovely quality of forgiveness and bearing contentedly and joyfully the results of the mistakes & wrongdoing of others. (*Mountain of Spices*, Hannah Hurnard)

... a mark of one who like Jesus, their paradoxical King, is a "warrior of God".

ST. TERESA'S BOOKMARK

Let nothing trouble you.

Let nothing scare you.

All is fleeting.

God alone is unchanging.

Patience

Everything obtains.

Who possesses God

Nothing wants.

God alone suffices.

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ASHES

What fire does in an instant, time is always doing to everything that lives. The delicate fern, the stout mullein, the rooted oak, butterflies, darting swallows, nimble squirrels, heavy oxen, all of them, equally, sooner or later, by accident, disease, hunger, cold p all these clear-cut forms, all this flourishing life, turns to a little ash, a handful of dry dust, which every breeze scatters this way and that. All this brilliant color, all this sensitive, breathing life, falls into pale, feeble, dead earth, and less than earth, into ashes. It is the same with ourselves.

Memento homo
quia pulvis est
et in pulverem reveretis.

Everything turns to ashes, everything whatever. This house I live in, these clothes that I am wearing, my household stuff, my money, my fields, meadows, woods, the dog that follows me, my horse in his stall, this hand I am writing with, these eyes that I read what I write, all the rest of my body, people I have loved, people I have hated, or been afraid of, whatever was great in my eyes upon earth, whatever was small and contemptible, all without exception will fall back into dust. (from Romano Guardini's *Sacred Signs*)

THE SIGN OF THE CROSS

When we cross ourselves, let it be with a real sign of the cross. Instead of a small cramped gesture that gives no notion of its meaning, let us make a large unhurried sign, from forehead to breast, from shoulder to shoulder, consciously feeling how it includes the whole of us, our thoughts, our attitudes, our body and soul, every part of us at once, how it consecrates and sanctifies us.

It does so because it is the sign of the universe and the sign of our redemption. On the cross Christ redeemed mankind. By the cross he sanctifies man to the last shred and fibre of his being. We make the sign of the cross before we pray to collect and compose ourselves and to fix our minds and hearts and wills upon God. We make it when we finish praying in order that we may hold fast the gift we have received from God. In temptations we sign ourselves to be strengthened; in dangers, to be protected. The cross is signed upon us in blessings in order that the fullness of God's life may flow into the soul and fructify and sanctify us wholly.

Think of these things when you make the sign of the cross. It is the holiest of signs. Make a large cross, taking time, thinking what you do. Let it take in your whole being, – body, soul, mind, will, thoughts, feelings, you doing and your not-doing, - and by signing it with the cross strengthen and consecrate the whole in the strength of Christ, in the name of the triune God. (from Romano Guardini's *Sacred Signs*)

The First Principle and Foundation(Our Original Purpose)

**The goal of our life is to live with God forever.
God, who loves us, gave us life.
Our own response of love allows God's life
to flow into us without limit.**

All the things in this world are gifts of God,
presented to us so that we can know God more easily
and make a return of love more readily.

As a result, we appreciate and use all these gifts of God
insofar as they help us develop as loving persons.
*But if any of these gifts become the center of our lives,
they displace God
and so hinder our growth toward our goal.*

In everyday life, then, we must hold ourselves in balance
before all of these created gifts insofar as we have a choice
and are not bound by some obligation.
We should not fix our desires on health or sickness,
wealth or poverty, success or failure, a long life or short one.
For every thing has the potential of calling forth in us
a deeper response to our life in God.

**Our only desire and our one choice should be this:
I want and I choose what better leads
to God's deepening his life in me.**

-St Ignatius as paraphrased by David L. Fleming S.J.

Our Final End

The prioress of the Carmel of the Most Holy Trinity writes that in his book *Living in Hope*, Ladilaus Boros' theory is that our whole life is basically a training period, a practice session, getting ready for the most important moment and whole purpose of our life: THE moment in which we give God our personal response of Faith, Hope and Love and step from this world of shadow into true life.

FAMILY RENEWAL SERVICES at the TRINITY CENTRE
A time and a place: to think, and to pray and to be!

COACHING FEE PLAN

Sabbathdays and **Spiritual Coaching** are designed to help you to “choose life”. To choose the blessing not the curse requires that we both know and act on our principles. Theory, research and experience tell us that we are more often reactive than thoughtful, unconscious than aware, confused or dogmatic than clear and firm. Scripture and tradition teach us that we are made in the image of a Trinitarian God - God who is a family of relationships. Theory, research and experience tell us that the presence of others is necessary for both our thinking and our growth as persons, but that presence of others can also interfere with our thinking and our growth. That important **presence** most often comes with physical presence. Yet theory, research and personal experience tell us that both human and Divine Presence can happen in many ways - with or without physical presence.

Coming to the *Trinity Centre*, listening and sharing face to face, is an excellent way to be present to your own self in the physical presence of a **spiritual coach**. **Spiritual coaching** by phone is another way to encounter the presence of self and other. And, always and all ways, we can experience the Holy Presence of God.

SPIRITUAL COACHING FEES

When you make a contract to receive ad hoc or ongoing **spiritual coaching** you will be receiving this coaching from a licensed psychologist who is also a trained and experienced spiritual director. Dr. Eileen Raffaniello Barbella has almost 30 years of post-doctoral practice pairing her expertise and training in psychology with her study, teaching and use of Ignatian spirituality.

Spiritual coaching is not therapy. Psychotherapy is rooted in a medical model that focuses on pathology. Diagnoses and treatment plans are required. The diagnosed "patient" (the sick one who is/has a problem) is treated by the "doctor"(the "expert" who is a "healer"). Fees for psychotherapy (typically \$75 -\$150/hour) may be covered in part by health insurance. **Spiritual coaching** is not the same as what is now referred to as "coaching". Derived from "executive coaching", this service is about focus, structure and support for reaching action goals. Coaches generally charge \$150-300/hour for their services. **Spiritual coaching** is based on a wellness model that focuses on human strengths and potential, and recognizes that humans are religious and spiritual beings. **Spiritual coaching** is not spiritual direction. Spiritual direction is a ministry (i.e. offered for free or for nominal stipend) that is for "discernment of spirits". **Spiritual Coaching** is a professional service that is for a truly **comprehensive** facilitation of an individual's desire to **live** a good life, not just **have** "the good life".

REGULAR SESSIONS: **\$100 for 60 minutes** (in person, by phone, or email)

This can be for either an individual or a couple. The client comes to or calls the coach. Payment is due at the time of service.

PRE-PAID SESSIONS: **\$ 95 for 60 minutes** (in person, by phone, or email)

The client - individual or couple - come to the coach's office. If by phone, either the client or the coach calls. *Payment is made in advance.*

SABBATHDAY FEES

Sabbathdays are a sacred time that you set aside for your own self/soul. In this desert of busyness in which we live, Sabbathdays are oases of simplicity and solitude, of sanity and sanctity. Sabbathdays are a time set apart for deepening your relationship with God, with self and with others; for learning how to better live a "sabbath rhythm" on a daily basis.

Sabbathdays usually begin with an initial *spiritual coaching* session and end with a wrap-up *spiritual coaching* session. For those who want a more intensive and focused **Sabbathday**, additional individual and/or couple *Spiritual Coaching* sessions can be scheduled as needed or desired.

"Simple" Sabbathdays are reserved for a day or for an overnight. Typically, arrival for a day would be mid-morning (after breakfast) and departure would be late evening (after dinner). For an overnight, arrival would be mid to late afternoon (before dinner) and departure would be the following day before noon.

"Extra-ordinary" Sabbathdays are reserved for a minimum of *three* full days. Typically this would mean either: a) arrival on a Thursday evening and departure on a Monday morning; or, b) arrival on a Monday evening and departure on a Friday morning.

<i>Basic</i>	Accommodations/meals/facilities - \$100 for each day or overnight
Single	<i>Spiritual Coaching</i> sessions - \$100 for each 60-minute session
<i>Basic</i>	Accommodations/meals/facilities - \$125 for each day or overnight
Couple	<i>Spiritual Coaching</i> sessions - \$100 for each 60-minute session

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