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Meaning of the word "Lent"

- Lent didn't always signify a holy season of prayer and fasting.
- Lent is a shortened form of old English word "Lencten" meaning "**Spring season**" or **lengthen** referring to the lengthening of days. Season of Spring.
- The penitential season in the Church always fell during the springtime in Europe and so over the centuries 'lent' became synonymous with the liturgical period.
- Lent is generally seen as a **time of spiritual renewal, a type of spiritual Spring.**
- Lent began as a time of intense preparation of candidates who were to be baptized at Easter.

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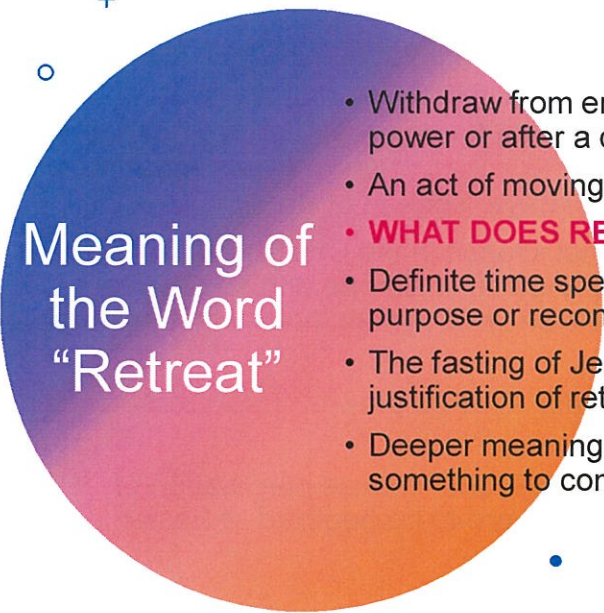


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Meaning of "Lent"

- But this season was also a time **for the faithful to renew their original baptismal commitment.**
- The real aim of Lent is to prepare people for the celebration of the death and Resurrection of Christ... the better the preparation the more effective the celebration will be.
- Lent is meant to be a time of repentance. **That's not a feeling of shame but an awareness that sin separates us from God** and of what it cost Him to be reunited with us.
- Lent is a solemn observance lasting for a period of six weeks leading up to Easter Sunday.
- Lent is the **preparation through prayer, penance, repentance, almsgiving and self-denial.**
- **Forty days of Lent also refers to the completion.**

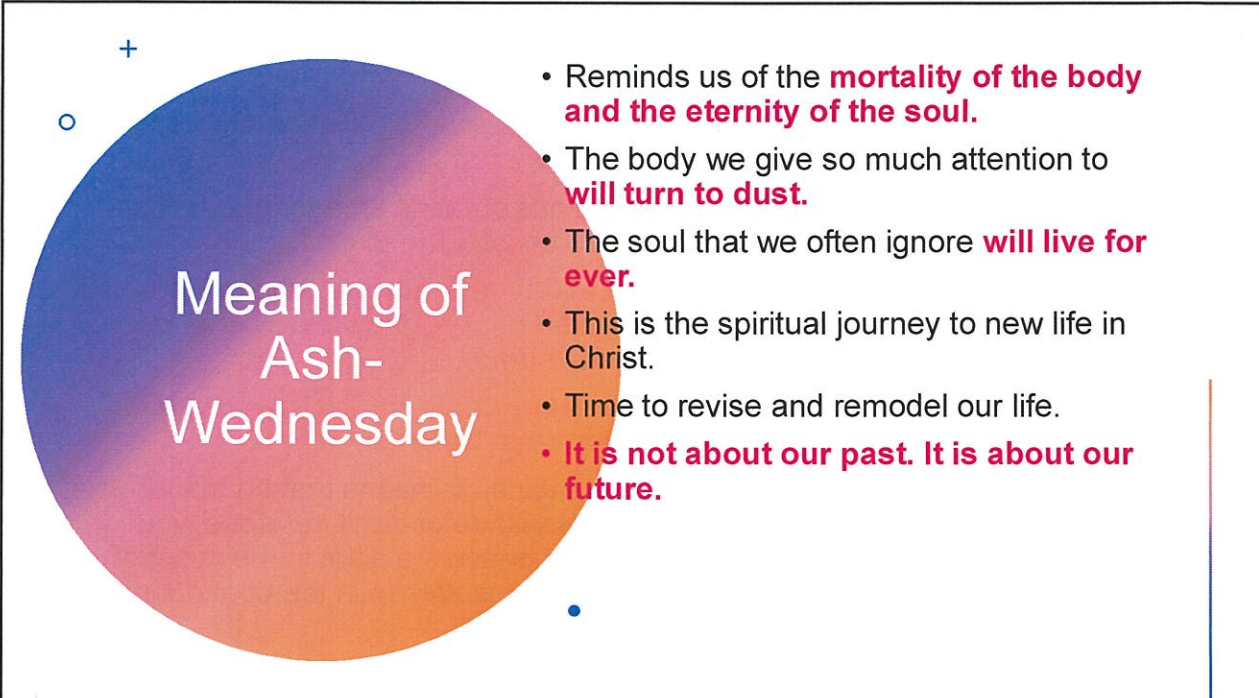


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Meaning of the Word "Retreat"

- Withdraw from enemy forces as a result of their superior power or after a defeat.
- An act of moving back or withdrawing.
- **WHAT DOES RETREAT MEAN IN THE BIBLE?**
- Definite time spent away from one's normal life for the purpose or reconnecting, usually in prayer with God.
- The fasting of Jesus for forty days is used as a Biblical justification of retreat.
- Deeper meaning of forty days is the time it takes to bring something to completion, or fulfilment.



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Meaning of Ash-Wednesday

- Reminds us of the **mortality of the body and the eternity of the soul.**
- The body we give so much attention to **will turn to dust.**
- The soul that we often ignore **will live for ever.**
- This is the spiritual journey to new life in Christ.
- Time to revise and remodel our life.
- **It is not about our past. It is about our future.**

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Meaning of the word 're-treat' for me

- Treating myself, my life
- Re-treating my life
- Re-treating the four parts of my body
- How do I treat my body and my spirit?
- How do I treat my mind and my emotions?

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Meaning of Balanced Life?

- Being in balance may mean something different to each individual.
- Living a balanced life means creating time for the things I have to do as well as the things I like to do.
- For example: **Eating healthy and finding time to do some form of physical exercise on a routine basis creates physical balance in our bodies.**
- **Balance also means making time for friends and family. This is part of our emotional balance.**
- Creating a balance is a choice - it means that no matter what life throws at you, or what you do or don't get done, you maintain an inner sense of peace – a calm in the midst of chaos. For example: Jesus was asleep in the boat during the storm in the sea.

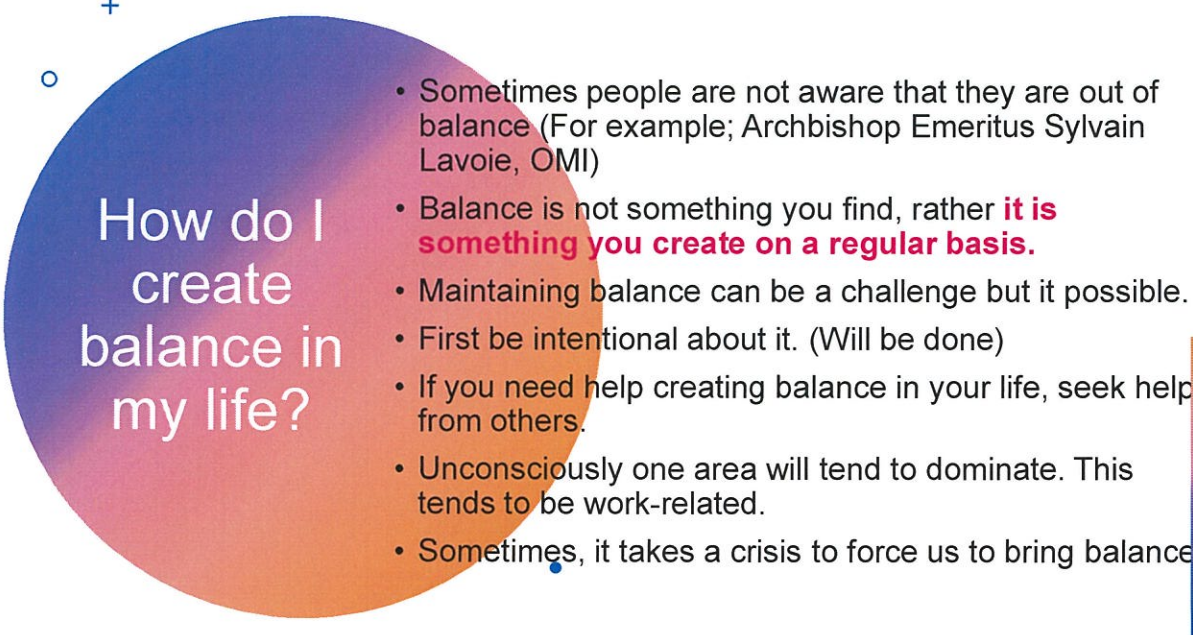
Meaning of Balanced Life?

A balanced life is a set of interconnected aspects of human life brought together to form everlasting happiness and excellence in one's life.

A balanced life is not about spending an equal amount of time, effort and money to maintain a healthy state in each component.

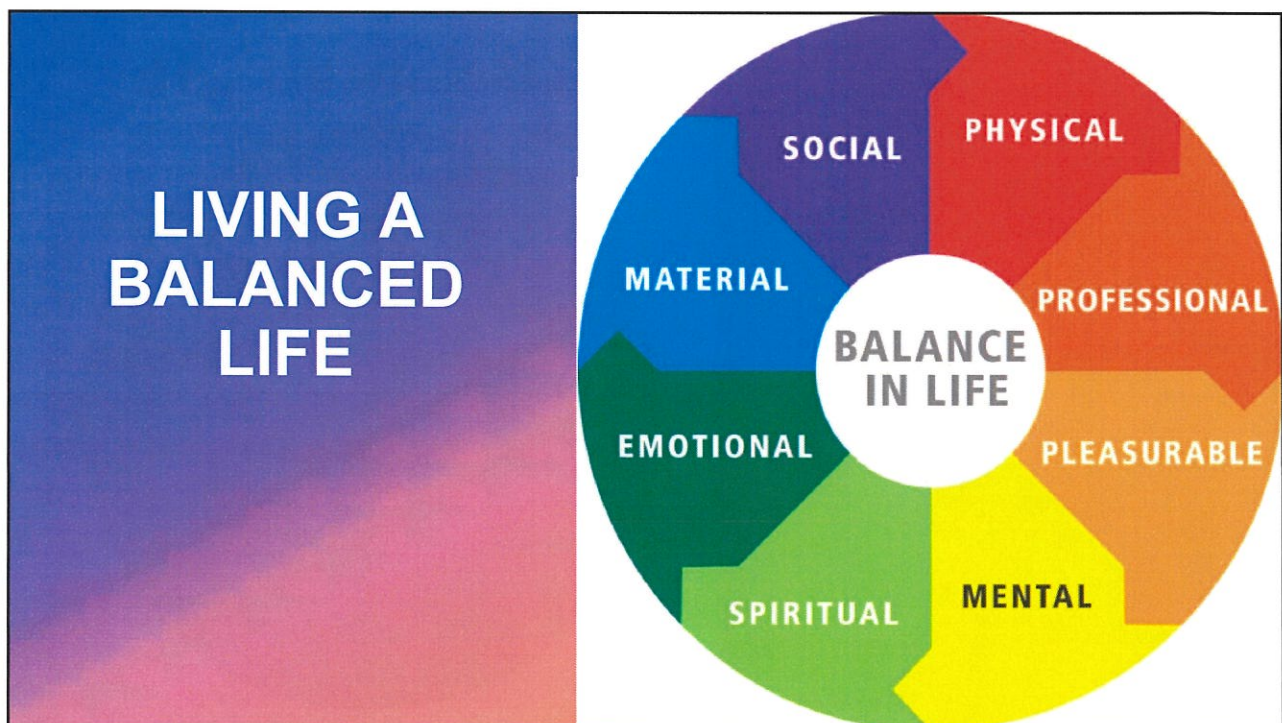
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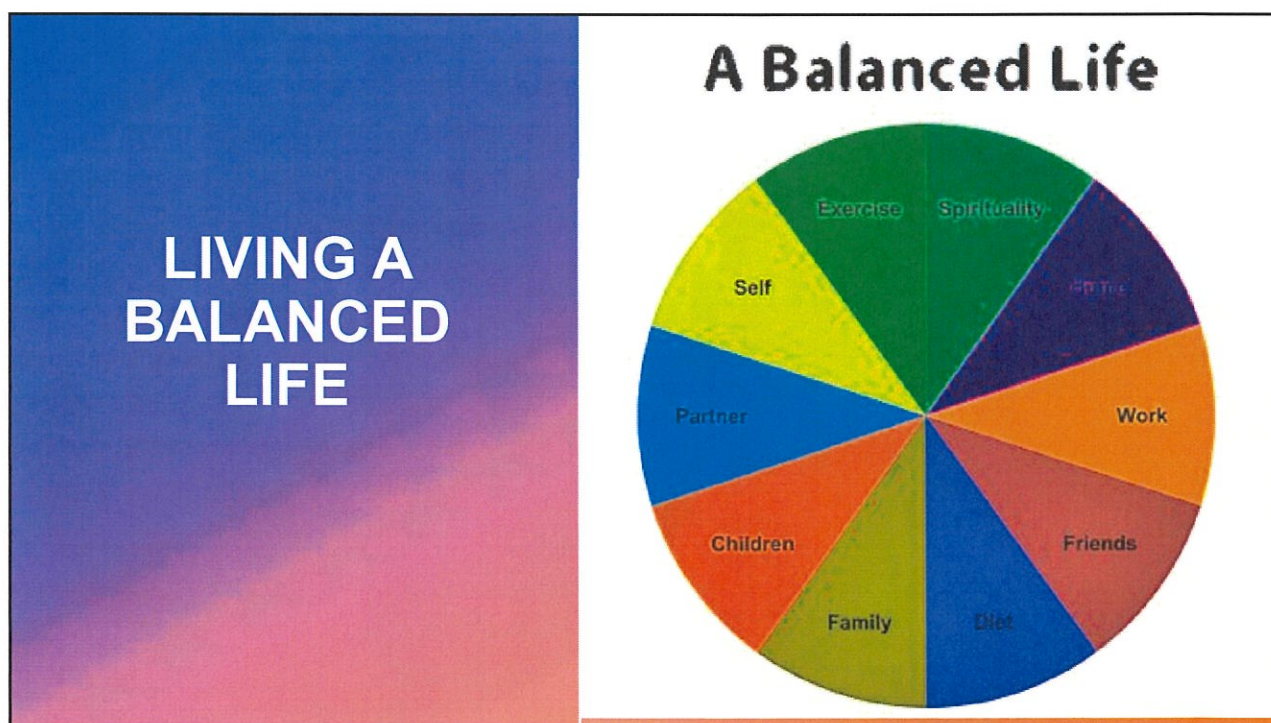
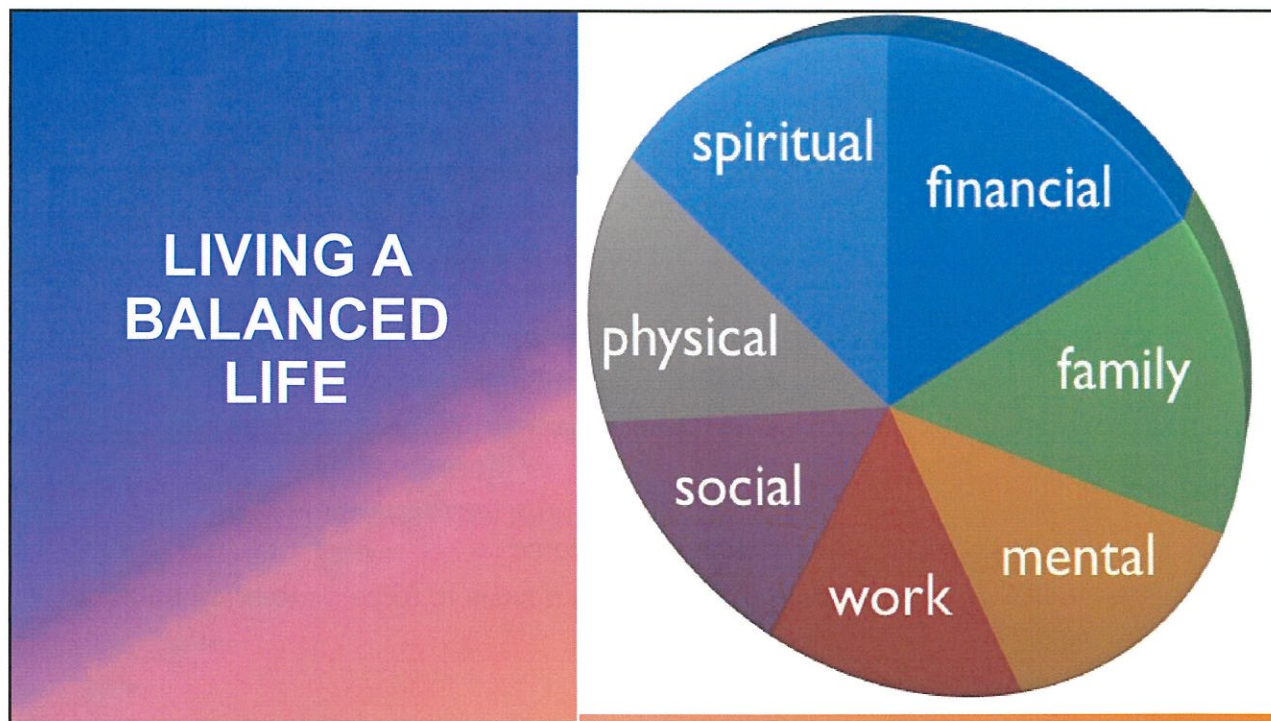
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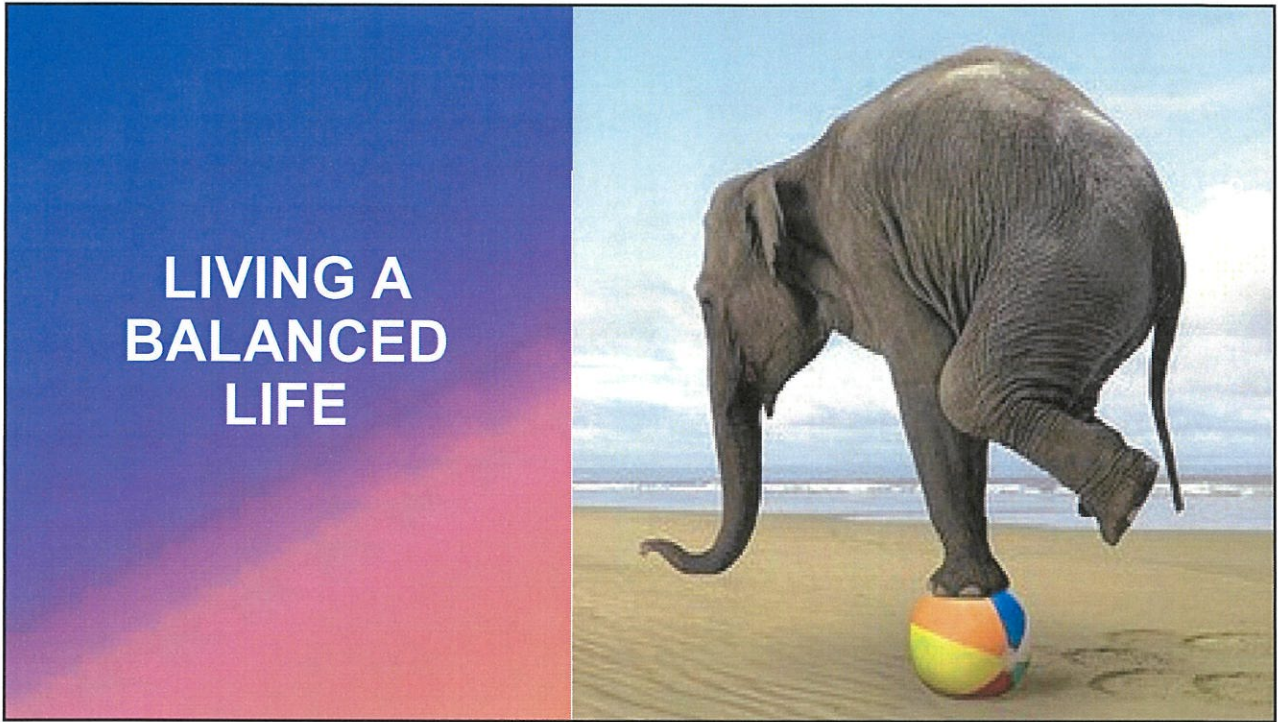


How do I create balance in my life?

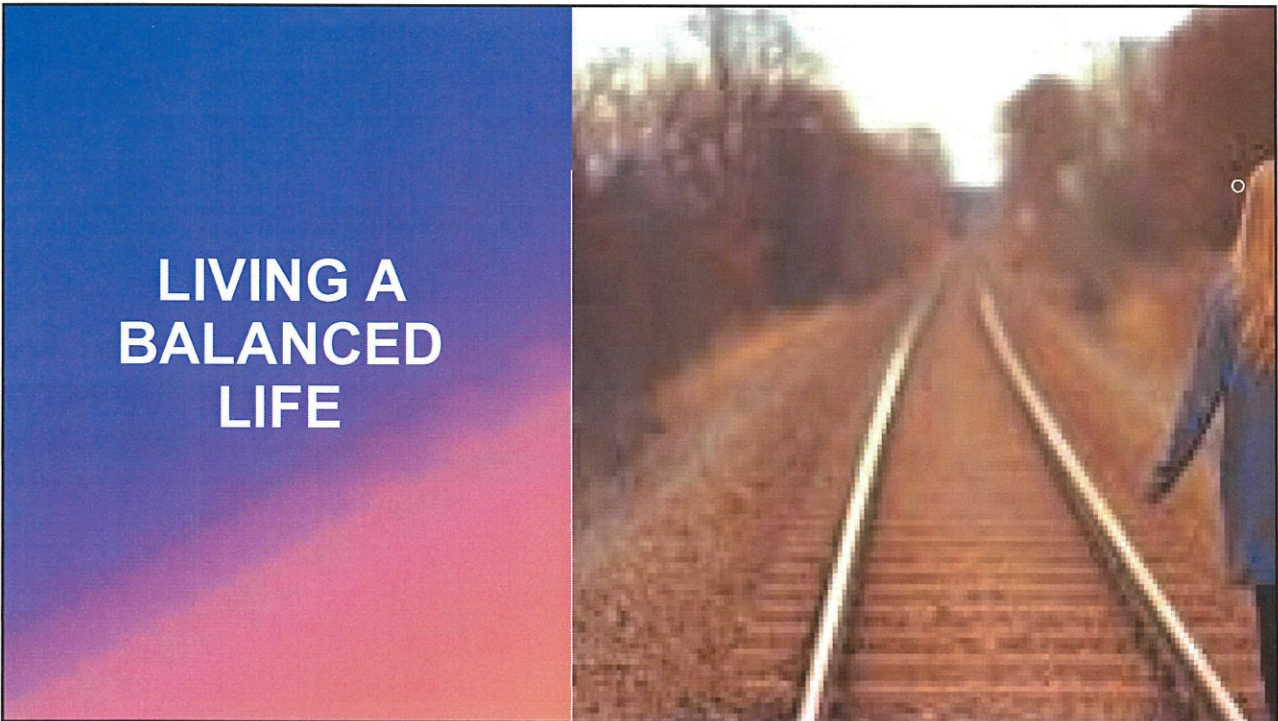
- Sometimes people are not aware that they are out of balance (For example; Archbishop Emeritus Sylvain Lavoie, OMI)
- Balance is not something you find, rather **it is something you create on a regular basis.**
- Maintaining balance can be a challenge but it possible.
- First be intentional about it. (Will be done)
- If you need help creating balance in your life, seek help from others.
- Unconsciously one area will tend to dominate. This tends to be work-related.
- Sometimes, it takes a crisis to force us to bring balance.







LIVING A
BALANCED
LIFE



LIVING A
BALANCED
LIFE



IMBALANCED
LIFE

WORK

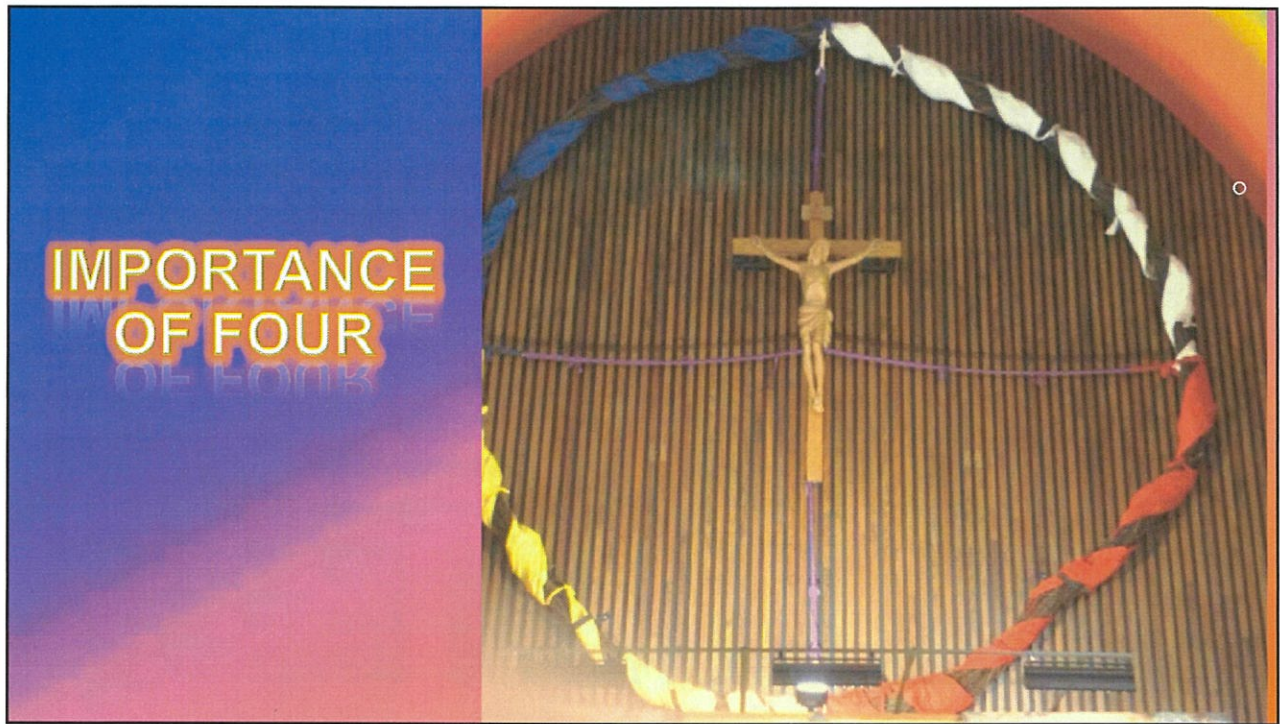
LIFE

Imbalanced Life

When one area dominates one's life at the cost of the other areas, one can easily experience imbalance (stress, workaholism, relationships suffer, overeating, overweight).

No time for recreation or play.

Addictions of all kinds especially during this pandemic.



IMPORTANCE OF FOUR

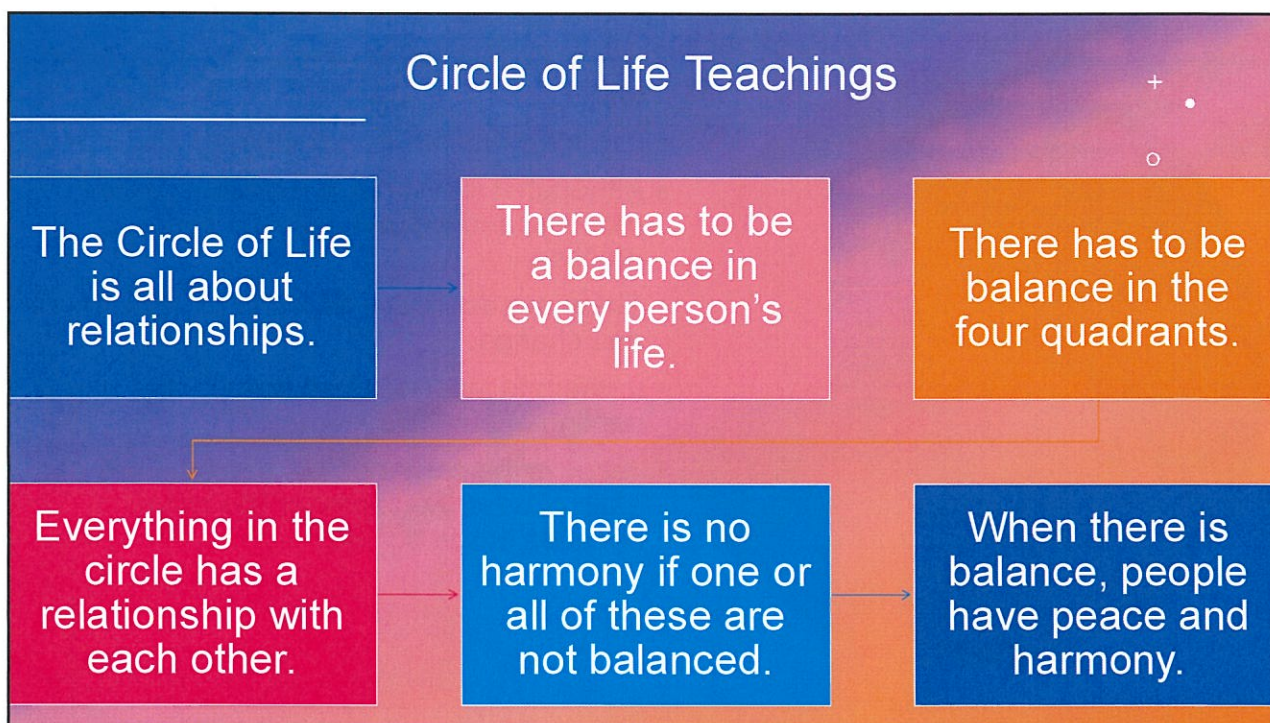
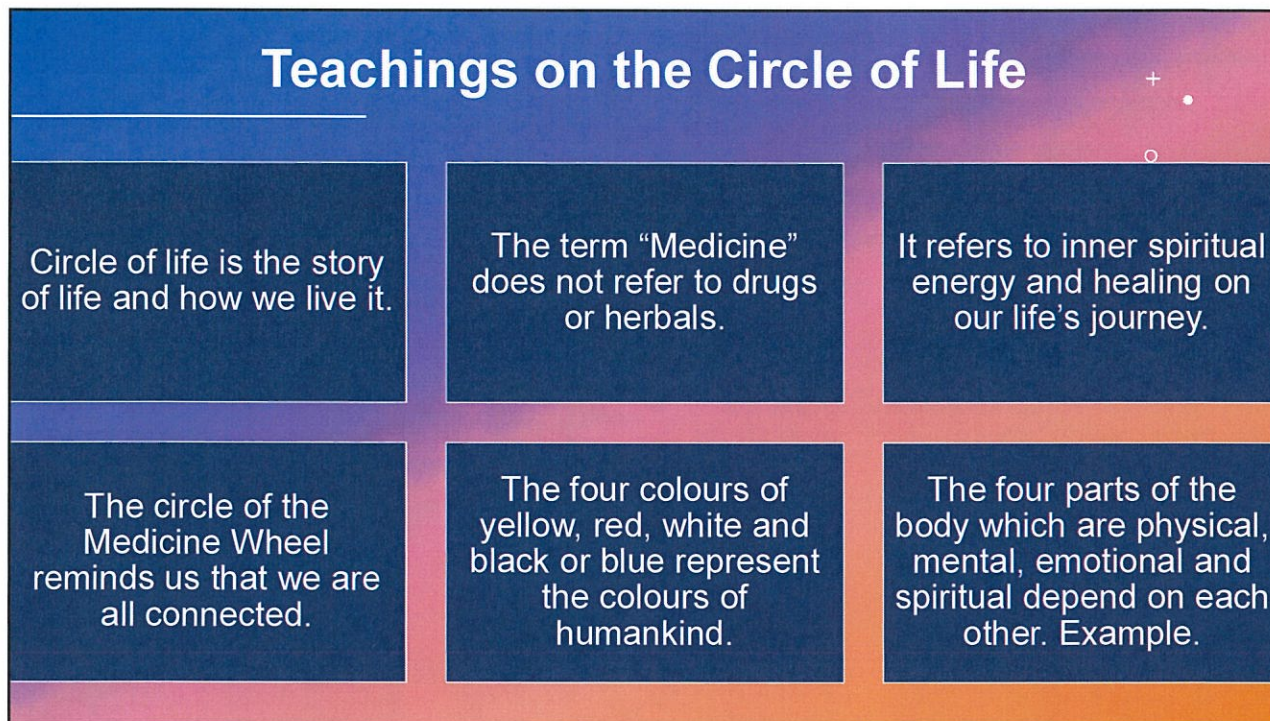
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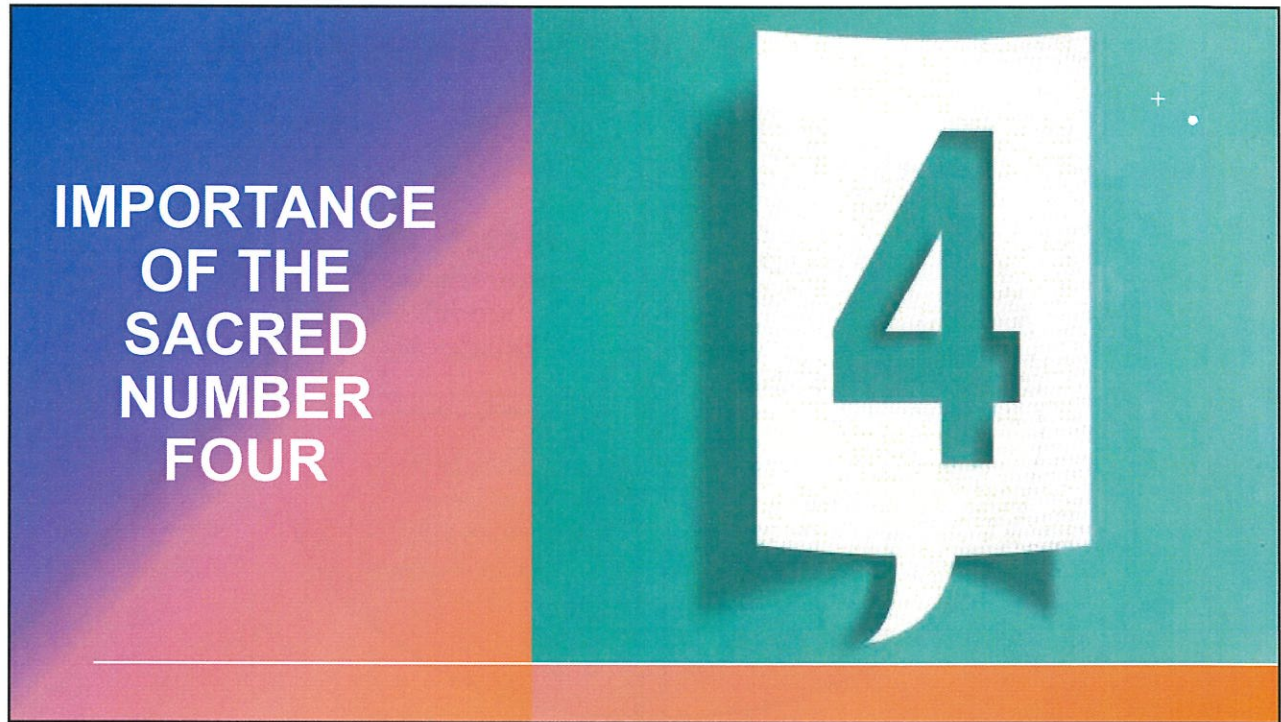
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Understanding of the circle of life

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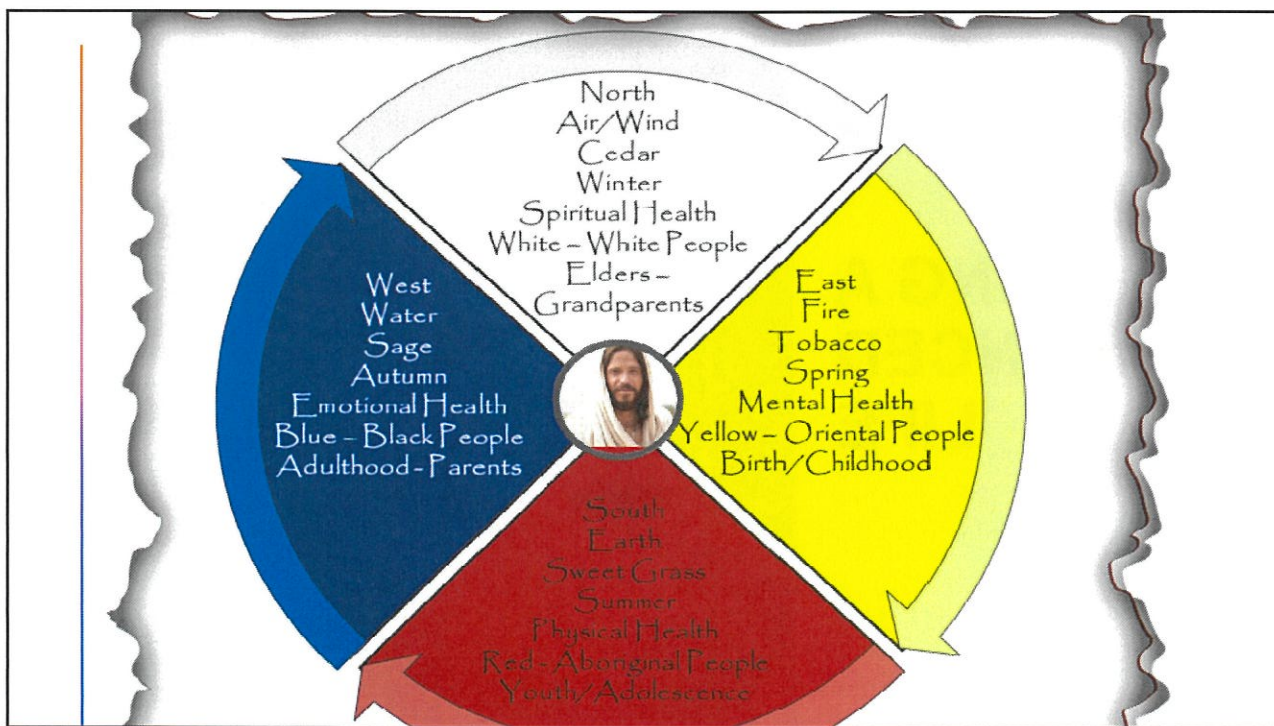
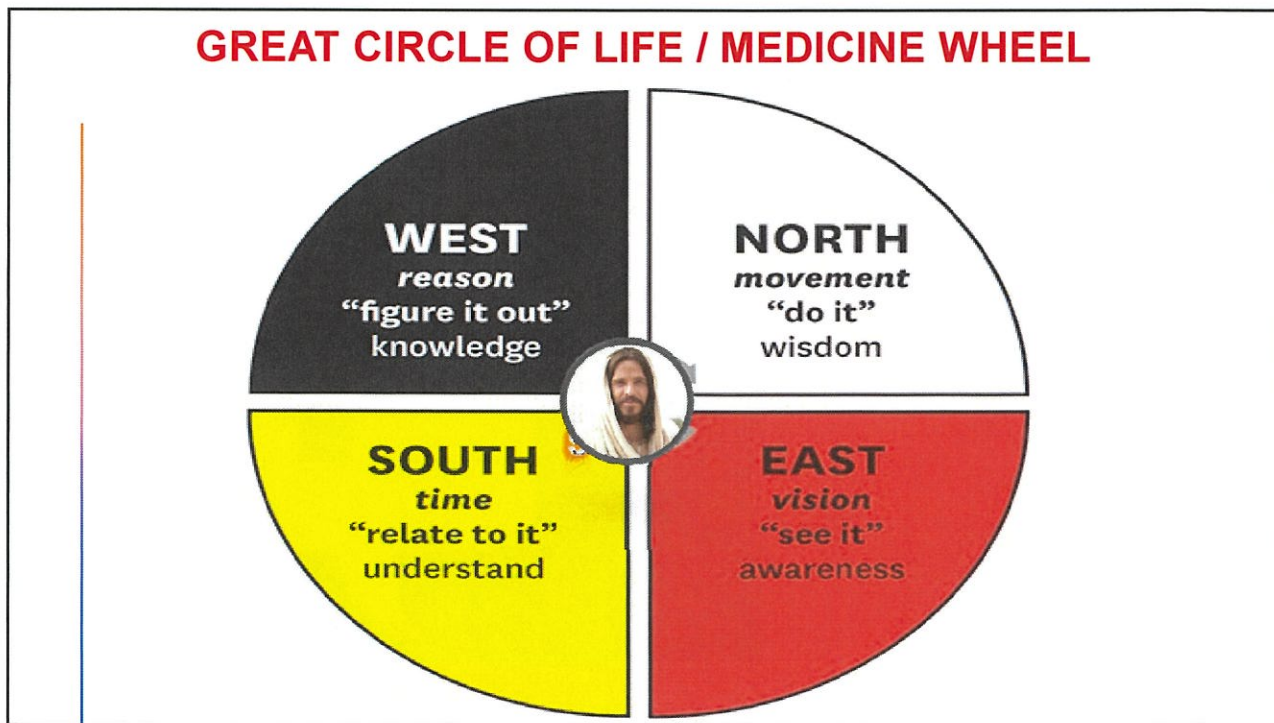
- It is both physical structure and a symbolic one.
- It is a symbol of life, a pattern of life.
- Although it is a circle, it reflects a cycle process, and it is not a closed circle process.
- There are doorways allowing for movement and change.
- It refers to inner-spiritual energy and healing of our life's journey.
- Jesus is the center of this sacred circle and each of us is the center of this circle because this is our life.





<p>LIVING A BALANCED LIFE</p>	<p>Four symbolizes the safety and security of home, calmness the need for stability and strength on a solid foundation of values and beliefs.</p>
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GREAT CIRCLE OF LIFE / MEDICINE WHEEL



IMPORTANCE OF FOUR

Elements	Earth	Water	Fire	Air
Medicine	Tobacco	Cedar	Sage	Sweet grass
Colours	Red	White	Yellow	Blue
Seasons	Spring	Summer	Fall	Winter
Parts of the body	Physical	Mental	Emotional	Spiritual
Directions	East	South	West	North
Stages of growth	Child	Youth	Adult	Elder
	Roots	Trunk	Branches	Leaves
	Mineral	Plant	Animal	Human
	Visionary	Healer	Warrior	Teacher

IMPORTANCE OF FOUR

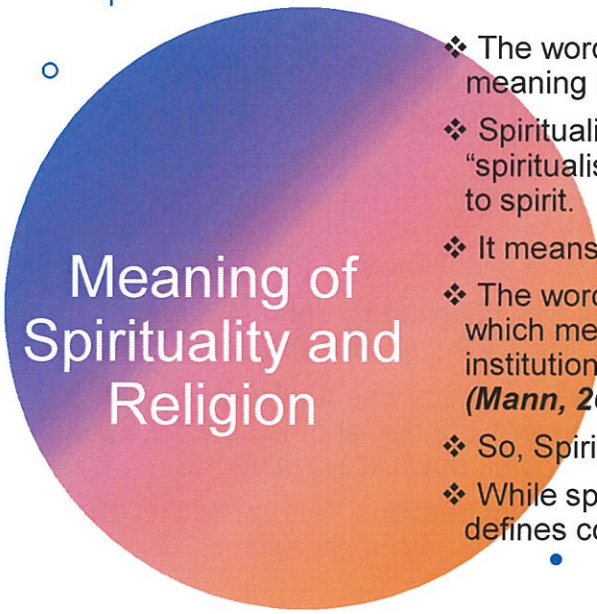
	Oriental (Asians)	Indians (Indigenous)	Blacks (Africans)	Caucasian (Whites)
	Warm	Hot	Cool	Cold
	Dawn	Midday	Evening	Night
	Needs	Belief	Emotions	Actions
	Light	New Life	Introspection	Healing
	Knowledge	Attitudes	Gifts	Understanding

BIBLICAL IMPORTANCE OF FOUR				
Seasons	The Sun	The Moon	The Star	Universe
Rivers of Eden	Pishon	Gihon	Tigris	Euphrates
Four Angels (Revelation 7:1-4)				
Four Living Creatures (Ezekiel 1:5-10)				
Prophets	Prophet's call	Prophet's mission	Experiencing Hostility	Experiences God's presence
Gospels	Mathew	Mark	Luke	John
Actions	Chosen	Blessed	Broken	Shared



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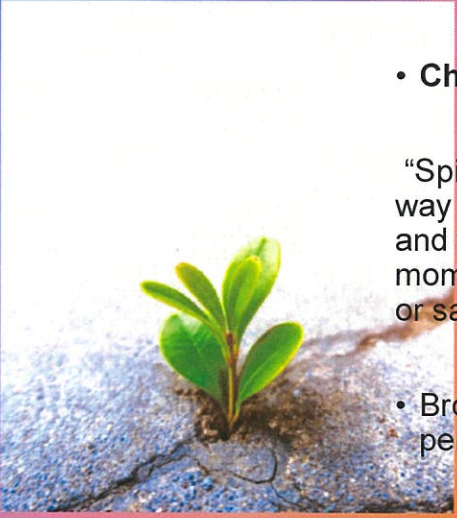
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Meaning of Spirituality and Religion

- ❖ The word “spirit” comes from the Latin word “spiritus” meaning breath (**Mann, 2011, p.119**).
- ❖ Spirituality again comes from the Latin word “spiritualis” meaning pertaining to breath, or pertaining to spirit.
- ❖ It means spirituality is something that flows freely.
- ❖ The word religion comes from the Latin word “religare” which means to “bind again, to tie down and institutionalize in a very particular set of beliefs. (**Mann, 2011, p. 119**)
- ❖ So, Spirituality flows freely and religion binds.
- ❖ While spirituality defines the individual, religion defines community.

What is Spirituality?




- **Christina Puchalski, Famous psychologist says,**
“Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”
- Broadly defined, spirituality is a way of life in which a person seeks to connect to the Divine.



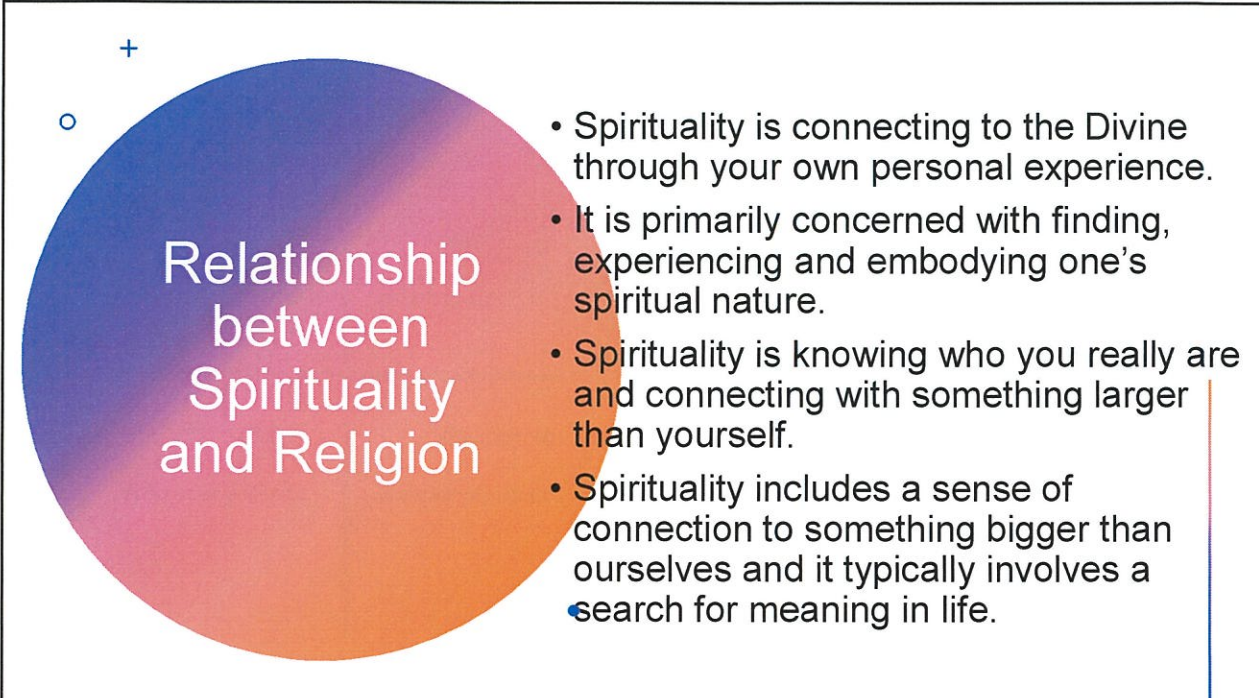
We are all
Spiritual
Beings

- We are created in the image of God (*Genesis 1:26*) *God said, "Let us make man in our image."*
- (*Genesis 1:27*) *"So God created man in his image; in the image of God he created him; male and female he created them."*
- Jesus was baptized by John (*Matthew 3:16, Mark 1:9, Luke 3:2 and John 1:29*)
- As soon as Jesus was baptized, at once the heavens opened and he saw the Spirit of God come down like a dove.
- A voice from heaven, *"This is my Son, the Beloved; He is my Chosen One."*



We are all
Spiritual
Beings

- Transfiguration of Jesus on Mount Tabor (*Mathew 17:1-10, Mark 9:2 and Luke 9:29*)
- Peter was still speaking when a bright cloud covered them and a voice from the cloud said, *"This is my Son, the Beloved, My Chosen One. Listen to him."*
- Garden of Gethsemane (*Matthew 26:36-46*)
- Jesus fell to the ground, with his face touching the earth and prayed, *"Father, if it is possible, take this cup away from me. Yet not what I want, but what you want."*

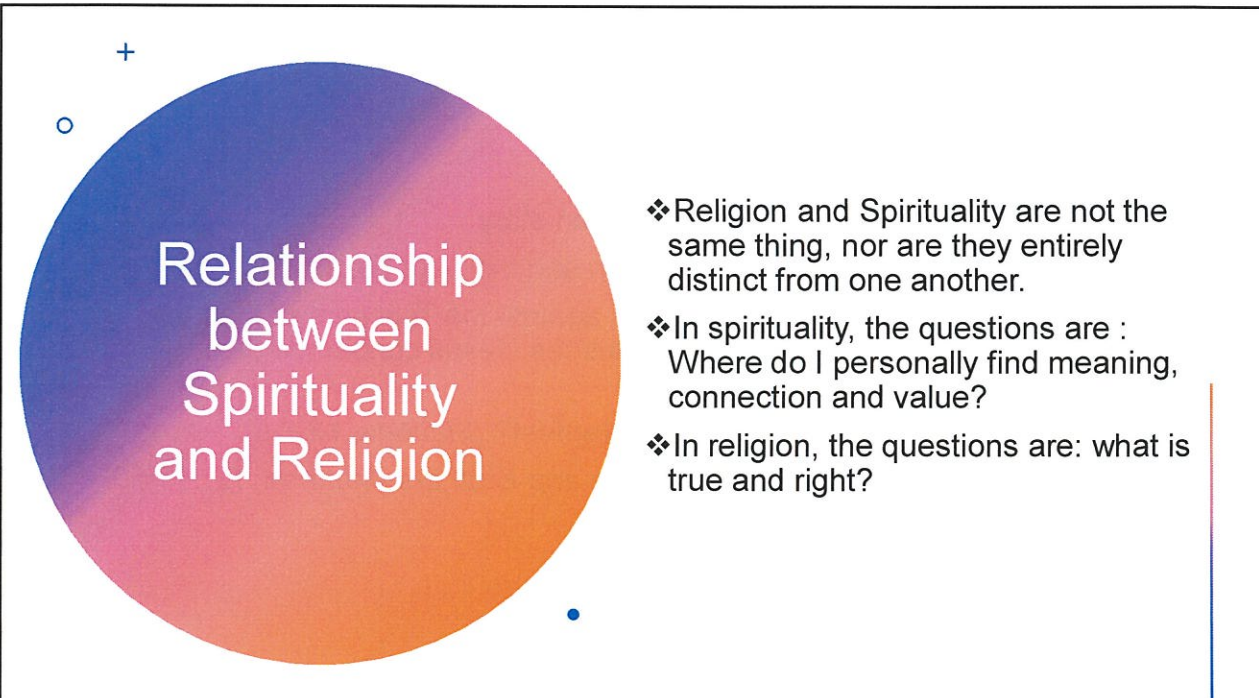


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Relationship between Spirituality and Religion

- Spirituality is connecting to the Divine through your own personal experience.
- It is primarily concerned with finding, experiencing and embodying one's spiritual nature.
- Spirituality is knowing who you really are and connecting with something larger than yourself.
- Spirituality includes a sense of connection to something bigger than ourselves and it typically involves a search for meaning in life.



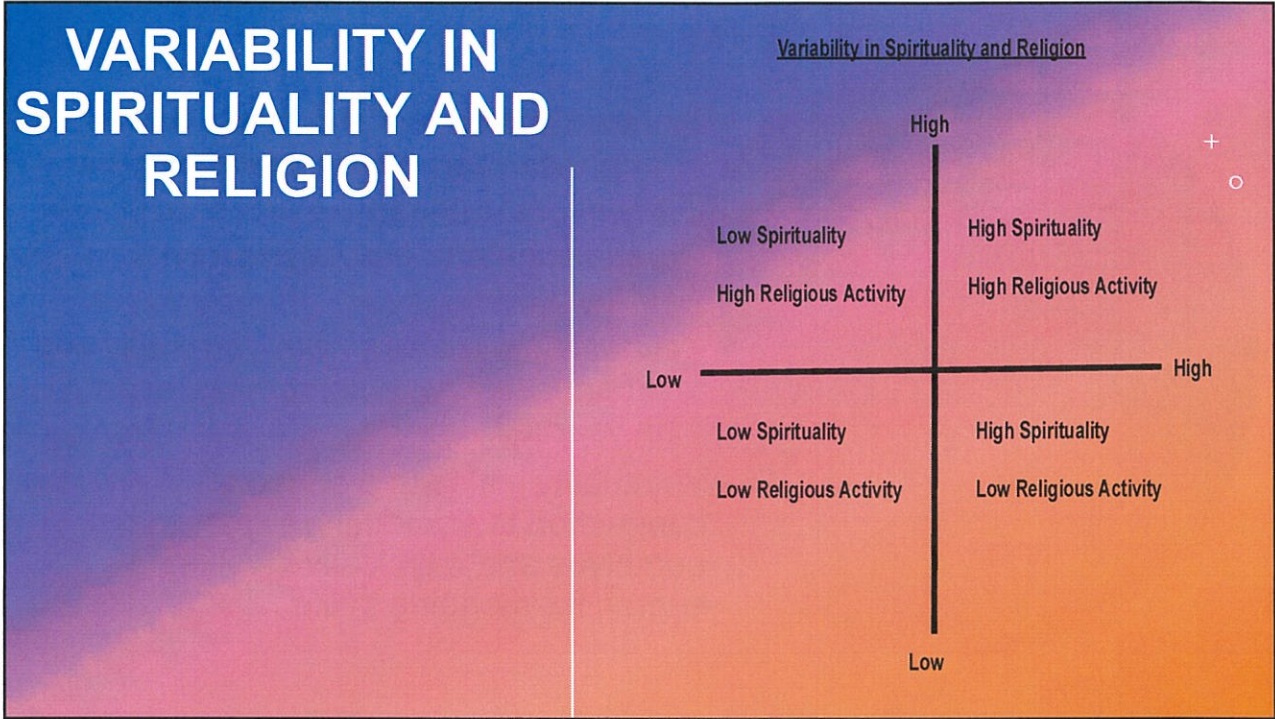
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Relationship between Spirituality and Religion

- ❖ Religion and Spirituality are not the same thing, nor are they entirely distinct from one another.
- ❖ In spirituality, the questions are : Where do I personally find meaning, connection and value?
- ❖ In religion, the questions are: what is true and right?

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Examples from the Gospels

- Good Samaritan story
- The Rich man and the poor Lazarus
- Jesus warns against the Teachers of the Law and the Pharisees. Jesus condemns their hypocrisy.
- Who is the greatest? (*Matthew 18:1-5*)
- Jesus' Mother and Brothers (*Matthew 12: 46-50*)

What is Spiritual Pain?

Spiritual pain is the suffering we all experience that comes from various broken relationships, from not being able to forgive ourselves and others, from questions that come up about the meaning of life, like “why this is happening?”

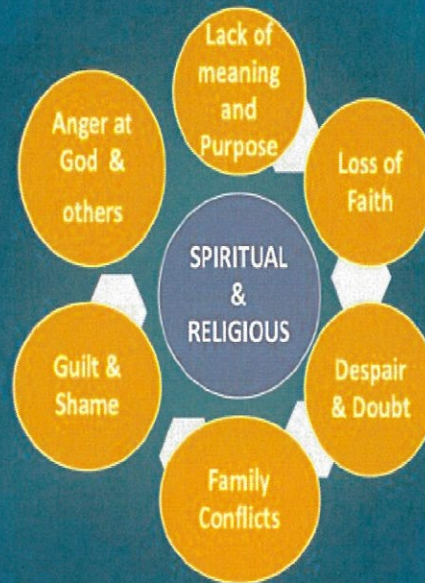
Spiritual pain is real and many people suffer from this.

Richard Groves, the co-founder of the *Sacred Art of Living* categorizes spiritual pain into four, namely: meaning, forgiveness, relatedness and hope.

Difference between spirituality and religion

Relating to spirit or soul	An institutionalized or personal belief system
Referring to sacred than material	Strongly held beliefs and practices that follow a moral code
Quest to understand the true meaning of life	Worship of a god or gods
May or may not comply with ritual celebrations	Comply with ritual celebrations
No affiliation with any religion	Strong affiliation with religion
Relating to interconnectivity with others and to the sacred	Obedience to a power considered to have control over human

KINDS OF SPIRITUAL PAIN



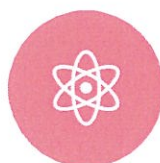
Contemplative/ Spiritual Practices

- ❖ **Meditation:** It can induce feelings of calm and improve concentration and attention. Researchers say that this can enhance our immune system, help regulate our difficult emotions, relieve stresses. It helps to ease people with depression and anxiety, and has many other benefits.
- ❖ **Prayer:** It brings feelings of hope, gratitude, peace and compassion. There are + different types of prayer, many of which are rooted in the belief that there is a higher power that has influence over our life. This belief can provide a sense of comfort and support in difficult times.
- ❖ **Yoga:** It helps us to create a sense of union within the practitioner through physical postures and breath expansion. It reduces stress, decreases depression and anxiety, lowers blood pressure and increases feelings of wellbeing.
- ❖ **Journaling:** This is another important practice that can help us become more aware of our inner life and feel more connected to our experience and the world around us. Studies show that writing during difficult times may help us find meaning in life's challenges and become more resilient in the face of obstacles.

Closing Words



From this session, what new insights have emerged or are beginning to emerge for me?



What energizes me and also what challenges me?



What was most helpful and also least helpful?



Do I have more questions than answers? If so, please feel free to discuss with Fr. Susai, OMI

