



# Grace and Surprise

March 23, 2023

# Homework

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- Practice Self-remembering throughout the day, calling [inner stop](#): *I here now – I myself now*. Fully, one thing at a time. Does anything shift in your emotional state?
- The contemplative dimension also offers a practice of directed attention. Thomas Keating writing in *Contemplative Outreach News* in 1996 asked: "What would be an active discipline to assist our Centering Prayer, so that it doesn't become self-centered or a mere process of self-perfection, but actually is the assimilation of the infinite tenderness of God living God's life within us? Such a discipline I call the 'attention/intention practice.'" Further, he states the answer to the question is surprisingly simple: Do what you're doing – on purpose. You may view a short video of Fr. Thomas explaining this and the "Active Prayer Sentence" [here](#). It is about 10 minutes in length
- Let us take a look at some of these points that the Hermetic pupil is urged to embrace, perhaps using each one as a point of departure to ponder and wonder about, to see what comes to meet us as it relates to Time in its grandest sense. There are eight points here: we are invited to take one/day for the next eight days, listen to it, reflect on it, aim to embody it in some way





# Amazing Grace

Amazing grace how sweet the sound  
That saved a wretch like me  
I once was lost, but now I'm found  
Was blind but now I see

'Twas grace that taught my heart to fear  
And grace my fears relieved  
How precious did that grace appear  
The hour I first believed

Through many dangers, toils, and  
snares  
I have already come  
This grace that brought me safe thus far  
And grace will lead me home

When we've been here ten thousand  
years  
Bright, shining as the sun  
We've no less days to sing God's praise  
Than when we first begun

# Definition of Grace

**Dictionary:** simple elegance or refinement of movement ; courteous goodwill

**Theological Dictionary:** spontaneous unmerited gift of the divine favor and the divine influence operating in individuals for their regeneration and sanctification







# Sr Ilia Delio

Together we can change the direction of this world by revitalizing our essential religious roots and orienting human evolution toward the fullness of love and justice, {and Grace} toward Omega.

January newsletter





# Fr Rohr

Grace is the secret key whereby God ...sets us free. Life tends to tool and retool us until we eventually find this key necessary for our very survival... without grace, everything human declines and devolves into smallness, hurt, and blame.





# Robbie Castleman

When we lean into the disappointments,  
hardships, we find by God's grace that we are  
surprised by joy.

Surprise, the Essential Nature of Grace, Apr 2006





## Bishop Fenelon

Even though our expressions of unfaithfulness and ingratitude almost equal the instances of his favours toward us they had never been able to stop the flow of his gifts or dam up the floodgates of his graces





## Mme de Salzmann

Each person has an ideal, an aspiration, {a call} for something higher. ... Listening to the call is a state of prayer. ... True prayer is establishing this contact and being nourished by ... this special material, which is Grace

Reality of Being





Amazing Grace