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## **7<sup>th</sup> June**

### **Detachment and commitment**

#### **Welcome and Presentation:**

We propose two rules for our discussion (sharing):

- 1) We won't discuss what the other expresses; we just listen carefully to it and accept it as it is.
- 2) We will try not to talk more than 2 or eventually 3 times for each subject: it will help us to focus on what is essential for each of us.

It is good to keep the sharing short but dense.

#### **Music:**

#### **Prayer:**

### **1) Game**

### **2) What is detachment / commitment?**

What is detachment for you? What is commitment for you? Explain in a few words we will write on the white board. Detachment / commitment for me is (quotes by participants)...

Detachment: an inner freedom.

Commitment: a promise, a direction, a pledge at a profound and fundamental level of my being. Commitment withstands all and endures all.

Detachment: letting go; holding things lightly; surrender; realising everything is gift.

Commitment: holding on even in tough times, surrender, focus.

Detachment: letting go of my self to allow God space within my being.

Commitment: being able to detach with peace, trusting fully that God is watching over me, protecting and loving me, and that all will be well.

Detachment: trusting that whatever is happening right now, is what is meant to happen and therefore is perfect.

Commitment: saying "yes" to my life as it unfolds.

Detachment: being removed from a central point.

Commitment: giving my word that I will honour my promise in what I have undertaken.

Detachment: seeing beyond first appearance to the deep meaning of what is: the spiritual beyond the material meaning.

Commitment: concentration and freedom to go the harder way, (only) if it is necessary.

### **3) Wilfulness and willingness**

### **4) What does the Gospel say?**

#### **Mt 11:28-30**

“Come to me all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light”.

#### **Jn 10:27-28**

The sheep that belong to me listen to my voice; I know them and they follow me. I give them eternal life; they will never be lost and no one will ever steal them from me.

#### **Mt 19:21**

Jesus said (to the young rich man), “If you wish to be perfect, go and sell what you own and give the money to the poor, and you will have treasure in heaven; then come, follow me”.

#### **Mt 10:28**

“What about us? (Peter) asked him. We have left everything and followed you.” Jesus said, “I tell you solemnly, there is no one who has left house, brothers, sisters, father, children or land for my sake and for the sake of the gospel, who will not be repaid a hundred times over, houses, brothers, sisters, mothers, children and land - not without persecutions - now in this present time and, in the world to come, eternal life.

#### **Jn 12:24**

“I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if he dies, it yields a rich harvest”.

#### **Lk 9:61-62**

Another said: “I will follow you, sir, but first let me go and say good-bye to my people at home”. Jesus said to him: “Once the hand is laid on the plough, no one who looks back is fit for the kingdom of God”.

#### **Mc 8:34 - 9:1**

He called the people and his disciples to him and said: “If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it. What gain, then, is it for a man to win the whole world and ruin his life? And indeed what can a man offer in exchange of his life? For anyone in this adulterous and sinful generation is ashamed of me and of my words, the Son of Man will also be ashamed of him when he comes in the glory of his

Father with the holy angels”. And he said to them: “I tell you solemnly, there are some standing here who will not taste death before they see the kingdom of God come with power”.

### **Mt 10:17-22**

Beware of men: they will hand you over to sanhedrins and scourge you in their synagogues. You will be dragged before governors and kings for my sake, to bear witness before them and the pagans. But when they hand you over, do not worry about how to speak or what to say; what you are to say will be given to you when the time comes; because it is not you who will be speaking; the Spirit of your Father will be speaking in you.

Brother will betray brother to death, and the father his child; children will rise against their parents and have them put to death. You will be hated by all men on account of my name; but the man who stands firm to the end will be saved.

### **Sharing:**

What does it mean in our life: to renounce oneself, to take up one’s cross, to save / lose one’s life, to see the kingdom of God before tasting death, to be hated in account of his name?

Do we get scourged in our “synagogues”? Why not?

Let’s compare: detachment / commitment with death / resurrection.

## **5) Niklaus von Flue**

My Lord and my God, take from me everything that distances me from you.

My Lord and my God, give me everything that brings me closer to you.

My Lord and my God, detach me from myself to give my all to you.

**Time of personal recollection:** meditation in silence - 3 min.

What distances me from God?

What brings me closer to God?

Which part of myself stands in the way?

### **Sharing - Prayer**

We pray the prayer of Niklaus, in its three stages, each of us adding what s/he wishes to, making each demand more precise or more personal.

## **6) St Theresa of Avila**

Let nothing trouble you.

Let nothing frighten you.

Everything passes.

God never changes.

Patience obtains all.

Whoever has God wants for nothing.

God alone is enough.

(silence)

**Time of personal recollection:** meditation in silence - 3 min.

How can patience be a way to God?

## Sharing

### 7) St Francis of Assisi: On true and perfect gladness

*Though seemingly simplistic, the teaching presented here by St. Francis is a profound explanation of Christ's sayings: "Where your heart is, there your treasure will be." And "Do not rejoice in this, but rather that your names are written in Heaven."*

"Friar Leo, write." Who responded: "Behold I am ready." "Write—he said—what is perfect gladness?" A messenger comes and says that all the masters of Paris have entered the Order, write, "not true gladness." Likewise that all the prelates beyond the Alps, archbishops and bishops; likewise that the King of France and the King of England: write, "not true gladness." Likewise, that my friars went among the infidels and converted them all to the Faith; likewise that I have from God this grace, that I heal the infirm and work many miracles: I say to you that in all these things there is not true gladness. But what is true gladness? I return from Perugia and in the dead of night I come here and it is winter time, muddy and what is more, so frigid, that icicles have congealed at the edge of my tunic and they always pierce my shins, and blood comes forth from such wounds. And entirely (covered) with mud and in the cold and ice, I come to the gate, and after I knock for a long time and call, there comes a friar and he asks: "Who is it? I respond: "Friar Francis." And he says: "Go away; it is not a decent hour for travelling; you shall not enter." And again he would respond to (me) insisting: "Go away; you are a simpleton and an idiot; you do not measure up to us; we are so many and such men, that we are not in need of you!" And I stand again at the gate and I say: "For the love of God take me in this night." And he would respond: "I will not! Go away to the place of Crosiers and ask there." I say to you that if I will have had patience and will not have been disturbed, that in this is true gladness and true virtue and soundness of soul.

#### **Comment on this text, from AMA Samy, SJ:**

What was the mind and heart of Francis like in this? Can you see that there is no resentment, no bitterness, no blaming? There is only peace, compassion and joy. He is not a victim, he will not play the victim game. He is the Master, the Subject that is Freedom and Compassion. It means, in Christian terms, Francis has 'come home' to his god as his abiding ground. He has become 'oned' with Christ. The friar who rejects and sends him away is none but Christ himself. Francis' heart's desire and mind's vision have been de-structured, broken through and transformed. Hence his heart and mind are open to all the world. His heart is not only an openness, but also is peace, peace with all the world. Only when your heart and mind have come to abide in 'the peace which the world cannot give', can they be open without reserve to others and the world.

#### **Time of personal recollection:**

How is comfort (material or psychological) a hindrance on our way to God?

What is the reason for this perfect gladness?

What is the main transformation?

## Sharing