

# Community of the Resurrection



## St. Albans Diocese Network



### Newsletter 4 – May 2008

#### Companions and Associates Day

Saturday 24 May saw some 90 people descending on Leighton Buzzard for the Annual Community of the Resurrection Companions and Associates Day. This was the first time the event was held in the south of the country and, in some trepidation, the CR St Alban's Diocese Network rose to the challenge laid down by Fr Aidan of organising and running the day.

We are pleased to report that it was a great success and even the weather was kind to us. After a welcome from Fr Aidan, the day consisted of workshops/discussions, with a midday Eucharist and Renewal of Commitments at the adjacent church of All Saints. The celebrant at the service was the Right Reverend John Flack.



The theme of the day was "The Emmaus Road in the 21<sup>st</sup> Century" or helping to equip us to meet the challenges of witnessing to the Risen Lord in the years ahead. The discussions included ways of listening to God on our journey, new possibilities for sharing our journey and looking at Christ's presence in different situations.

Fr George Guiver, Superior of the Community of the Resurrection, closed the discussions by speaking openly of some of the challenges ahead and how we can all learn from one other in adapting to these.

The day was a wonderful opportunity to learn, reflect, make and renew friendships and meet several Brethren.



Further photographs from the day can be found on our website at [www.stmarysmaulden.org/cr/canda.htm](http://www.stmarysmaulden.org/cr/canda.htm)

#### September Quiet Day

After the excitement of the Companions and Associates day, our next meeting is to be a Quiet Day and we have decided to hold this at the Anglican Benedictine Convent of St Mary at the Cross (Edgware Abbey) on Saturday 13 September 2008.

For further details, please contact Mary Payne-Cook:

e-mail: [jasp@h-i-p.freerve.co.uk](mailto:jasp@h-i-p.freerve.co.uk)  
telephone: 01462 712230

Edgware Abbey



#### Companions, Associates and Oblates Locator

If you have access to the internet, please visit this marvellous resource: <http://tinyurl.com/43oe65>. It has been developed by Paul Taylor and enables you to zoom in and find people with CR connections in your locality. Further information about that person can then be obtained from Fr Aidan at Mirfield.

If you have received this Newsletter by post but have an e-mail address, please tell us what it is! [enquiries@stmarysmaulden.org](mailto:enquiries@stmarysmaulden.org)

We are most grateful to Linda Blenkinship who has kindly reminded us of The Examen, articulated and made popular by a man who came to be known as Ignatius of Loyola. We reproduce a version here in the hope that it will help in our busy, daily lives. As Linda says, "There is gift in every day and if we reflect on our attitudes which shape our actions we learn to see it but so often we move hastily on to the next agenda without reflection".

## **THE EXAMEN**

If we stay away from the depths where we are truly ourselves, we shall miss much that the Spirit is saying to us. At the level of our deeper and more lasting feelings we discover ourselves and our real relationship with God.

The Examen is a daily, prayerful exercise in discernment, helping me to respond to God's loving invitation in all my daily activities. It helps me to find God in all things. The Examen isn't primarily concerned with good and bad but rather with the impulses which underlie them.

### **1. PRAYER OF THANKSGIVING**

Begin by acknowledging your need to be grateful to God; for He is a loving, provident God. Realise more deeply that all is gift. Try to deepen your attitude of gratitude by thanking God for all things in general, e.g. for your existence, for the air and sun, for friends, for your vocation, for the Eucharist etc.

### **2. PRAYER FOR LIGHT**

Ask the Holy Spirit to enlighten you about what has transpired today, because you are only too aware of your blindness to see Him in events and the persons of your day and often lack the understanding of God's ways in your life. Ask the Spirit to show you what He wants you to see and to understand.

### **3. FINDING GOD IN ALL THINGS**

Relax in the Lord's presence and look back slowly over the events, persons, and circumstances of the day. Allow Him to show you where He was meeting, encountering, challenging, being present to you. Just let events come to the surface in order to recognise Christ in them and so permit you to understand by bringing your faith perspective to bear on them. Look over primarily your attitudes in relation to Christ's attitudes and consider your actions in the second place. Focus on the things such as joy, pain, turmoil, love, anger, harmony, anxiety, freedom, fears, the Presence of God etc and ask why? By asking a series of 'why's', you discover the attitudes which are un-Christ-like and those which are Christ-like. All feelings are acceptable but not all actions.

You have to notice the direction of your feelings; moving you towards God or towards self? You then become more aware of the opportunities offered you by the Lord that day and you discover where you found Him and where you did not recognise Him.

### **4. PRAYER FOR THE GIFTS OF SORROW AND GRATITUDE**

From your awareness of your failure to respond to the Lord, whether in events or persons, you ask for His forgiveness and pardon.

You should also express your thanks to God for the things, events, persons, unselfish attitudes etc which you discovered today during your reflection. It's good to name them.

### **5. PRAYER FOR HELP AND GUIDANCE FOR TOMORROW**

With trust in God, you ask for His 'bread' for the needs of tomorrow. For example, you might need to become more aware of what triggers your anger and your need to receive His grace at that time. Maybe it is in some task, some ministry, towards some person, in some event, that you need God's continuing aid .... Then pray for it specifically.

*The Examen looks to the future. What will we do for the rest of the day, or tomorrow? Can we recognise God's footprints in advance? Can we look at the immediate with hope, joy and anticipation that God will be there?*

### **PSALM 139**

It was you who created my inmost self  
and put me together in my mother's womb;  
for all these mysteries I thank you;  
for the wonder of your works.  
You know me through and through.

.....examine me and know my heart,  
probe me and know my thoughts;  
make sure I do not follow pernicious ways  
and guide me....