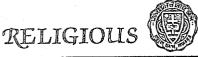
YOU MUST LOVE YOUR NEIGHBOR AS YOURSELF."

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BULLETIN

Issue 20 Volume III

February 22, 1987

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LOVE YOUR ENEMIES

- TESUS

OFFICE OI

I will rejoice and be glad in you,

and sing to your name.

Seventh Sunday of the Year February 22, 1987

The Lord speaks to Moses and to us when He says, "Speak to the whole community... I am the Lord." What is the Lord saying to us through Moses? The Lord strongly tells us not to bear hatred, not to exact vengeance, not to bear grudges, love your neighbor as yourself. What a challenge! St. Paul reminds us that the wisdom of this world is foolishness to God. What is this wisdom of God that is so opposite the wisdom of our world? Jesus tells us! LOVE YOUR ENEMIES. He reminds us that his sun rises on the bad as well as the good and his rain falls on the honest and the dishonest. May we let this wisdom seep into our very being.

Fr. Andre Leveille, C.S.C., CATHOLIC FAITH PROGRAM features

Tuesday in Keenan-Stanford speaking on SACRAMENTS Sunday and Chapel 7-8:30. All welcome.



SUNDAY, FEBRUARY 22, 1987

(note: We are encouraged frequently to pray or to be prayerful. Many of us would easily admit to praying in times of particular need and as we were taught. Fr. Paul Holland, S.J., a doctoral student in theology here, will share some insights on enhancing our prayer life. Three short reflections are being offered as help for Lent. You may want to save all three as a personal prayer guide.)

PRAYER

LENT IS FAST APPROACHING, and with it the annual resolutions for a "Spiritual Shape-up": I'll go to Mass more often; I'll be less critical; I'll read scripture regularly. And of course I'll pray every day.

LAUDABLE GOALS. But many of us can't seem to translate those good intentions into habitual commitments. At root often is a lack of knowledge of how to do so. PRAY? OF COURSE. But exactly how do I learn to pray? Just reciting set formulas, or reading from someone else's collection, doesn't sustain me.

So in these pages over the next several weeks, we'll share some specific techniques on HOW TO PRAY--not exhortations to do so, or explanations of prayer's value. (You won't read any further if you are not already convinced of prayer's significance in Christian living.) Instead, we'll offer some specific ways of getting started to pray.

First, choose a quiet spot. Sit comfortably, on the floor or in a chair with both your feet on the ground.

Next, relax your body. Start by scrunching up your toes, holding, then releasing. Do the same for your feet. Then your calves; then your thighs. Work your way slowly to the top of your head, tensing and relaxing. Each time, imagine the tension flowing down your legs and out your feet.

Now close your eyes and set your breathing in a deeper, regular pattern. In equal beats, draw in deeply; hold; exhale deeply; hold. As you settle in this pattern, pay attention to your deepening breathing and your

Now lay your hands on your lap, as a cup. As you inhale, imagine you are drawing in light—the light of the Holy Spirit. As you exhale, breathe out any places of darkness, sin or hurt you are conscious of, and catch these in your hands. Continue this until you have invited the light to fill every dimension of your being and you have breathed out and named for yourself all the places of darkenss.

Now, imagine Jesus with you. Picture him perhaps on the cross, or by the lake, or sitting with you. In your heart tell him of the darkness you've collected in your hands.

Focus on his response. Listen to Jesus, as he speaks to you of his love, or consoles you, or challenges you, or simply remains with you. Dwell here in his presence.

When you are ready, turn with Jesus to the Father, and say, "Father, into your hands I commit my life." Then open your hands and give away all you have collected there.

Next time we'll cover the use of memorized prayers like the OUR FATHER and ways of praying the scriptures.

On Dealing with Others

By ST. IGNATIUS LOYOLA

Instructions to the Jesuit Fathers at the Council of Trent, 1546.

- 1. As associating and dealing with many other people for the salvation and spiritual progress of souls can be very profitable with God's help, so, on the other hand, if we are not on our guard and helped by God's grace, such association can be the occasion of great loss to ourselves and sometimes to all concerned. In keeping with our profession, we cannot withdraw from such association and, therefore, the more prepared we are to proceed with a common plan, the more likely we are to succeed in our Lord. In the following notes, which may be modified or amplified at need, we may be able to offer some assistance.
- 2. Be slow to speak. Be considerate and kindly, especially when it comes to defining matters which are being discussed or likely to be discussed in the council.
- 3. Be slow to speak, and only after having first listened quietly, so that you may understand the meaning, language, and desires of those who speak. You will, thus, know better when to speak and when to be silent.
- 4. When such matters are being discussed, I should rather consider the reasons on both sides without showing any attachment to my own opinion, and try to avoid causing dissatisfaction to anyone.
- 5. I should not cite anyone as supporting my opinion, especially if they are per-

sons of importance, unless the matter has been well considered. And, I will deal on an equal basis with all, without taking sides with any.

6. If the matters discussed are of such a nature that you cannot or ought not to be silent, give your opinion with the greatest possible calmness and humility, and always end with the words, "salvo meliori indivio — with due respect for a better opinion."

7. Finally, if some point of human or di-

7. Finally, if some point of human or divine science is under discussion and I have something to say, it will be of great help to be unmindful of my own leisure or lack of time — that is, my own convenience. Rather I should accommodate myself to the convenience of him with whom I am to deal, in order to influence him to God's greater glory.

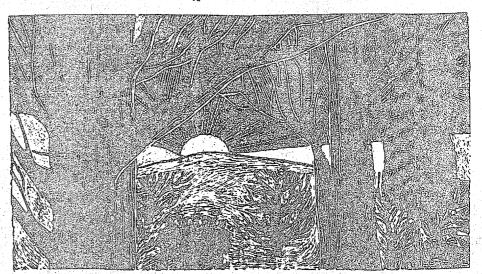
THE BALANCE

Help me, God, to find a balance between study and leisure. When work must be done, let me realize that I am here to learn and cannot go to every party.

Let me also see that life is more than books and being a person comes before grades.

A snowball battle, a walk around a lake or a simple talk with a friend will do wonders when studies get me down. Guide me along this balanced line. Amen.

Loretta Mirandola



Rita Corbin