

JESUS + CARITAS FRATERNITY

of Montreal – Group 7

Sunday, October 22nd, 2000.

Monthly Desert and Life Review

Our Fraternity consists of priests on the “front lines”; which means we are hard pressed to find time for a monthly “desert” or “poustinia” day. We might keep in mind something Vince Dwyer o.c.s.o. told us on retreat in November 1989 (If you can't meditate for 20 minutes, try 15, if you can't, try 10, or 5, or at least 3 – a minimum is better than nothing at all. Be generous with the Lord, even in poverty, and He will give you growth.). We can apply this to our monthly day with the Lord, and experiment with the key elements recommended for this day:

- 1. A place allowing for some undisturbed silence.*
- 2. A full 24-hour day – get a good night's sleep.*
- 3. 1 or 2 hours of Eucharistic Adoration in solitude: 1 in the morning, 1 in the afternoon.*
- 4. Matter: the Liturgy of the Hours, the Bible, the Rosary, no books or tapes or other materials to distract us from the Lord.*
- 5. Focus: - fasting without being distractingly hungry helps us find freedom from the body's needs and wants.
 - ❖ What have I been experiencing since my last desert day?*
 - ❖ Within that, what is the Lord calling forth from me?**
- 6. Trust in the Lord and wait on Him. Write something in answer to the above questions for our group exercises. Keep it simple.*