

Laity Engaging Laity (LEL) Reflection

<http://www.diocs.org/OurFaith/LaityEngagingLaity.aspx>

LEL Mission

"To help laity impact the culture by developing their faith more deeply and living it as strong witnesses in every area of their lives"

August 16, 2014

Arise My Beloved: A Call To Relationship With Jesus

"Arise in Jesus' Teaching on Listening"

The ability to listen to one another in self-sacrificing love is at the core of a life-giving relationship

- **The Spiritual reflection**
 - Lectio on 1 Kgs 19:11-14 (Elijah and the whisper) - Elijah didn't hear God in the "noise" (fire, earthquake, wind), but in the silence - he heard God in the "whisper" - we must have silence in our lives
 - There are four steps in the process of spiritual "listening"
 - Know yourself
 - Self-examination (are there distortions? projections? non-truths? etc.)
 - Pray
 - Listen/respond
 - Busyness leads to stress, frustration, etc. - we need to reduce our busyness and move from busy noise to the fullness of quiet, emptying, yielding
- **Listening (see handouts)**
 - Jesus is tuned into us, like a mom with a newborn baby - we need to tune into him
 - We have to make a conscious decision to trust God, to ask and receive
 - Creative listening is receptive and active, not passive - it is a wholehearted focus on what another is saying
 - There are barriers to creative listening: Interrupting; judging; criticizing; analyzing; demeaning
 - Creative listening strengthens relationships by:
 - Building understanding and authenticity
 - Relieving isolation and separateness
 - Enhancing trust and vulnerability
 - Honoring unity and diversity
 - Evoking acceptance and healing
 - Promoting self-esteem and respect
 - Used Listening Skills Survey (handout)
- **Small Group -**
 - Practiced listening through silent prayer and reflection around several questions related to the upcoming LEL Advent Retreat with Fr Ron Raab (handout)
 - Small group discussion of the retreat prayer

Additional Reading/Handouts:

- LEL Reflection - Listening, Aug 14
- LEL Agenda - Aug 14
- Journaling Question - Aug 14
- Listening and Silence Bible Verses
- Listening Skills Survey
- Creative Listening
- Traits and Spiritual Examens, Jan-Aug 14
- Advent Retreat Reflection Form
- Feedback Sheet - Aug 14