

Notes from men's spiritual group 2025-02-18

At this meeting we had 2 very special guests; Sr. Helena Burns and Maggie Blake. Each shared their testimony about where they are now in catholic faith.

This meeting was also unique in that we also invited 3 women to attend. We were grateful to have them there.

I won't detail all the topics that were discussed but will give highlights of them.

- Sr. Helena shared her personal journey to becoming a nun, emphasizing the **joy** and **peace** she has found in her faith.
- The guiding light and the peace of the Lord.
- She described herself as once being a radical feminist with beliefs in everything wrong, but now, through her faith, she experiences daily joy and peace.
- She has found the joy of meeting Jesus in the Eucharist and the peace of Eucharist Adoration
- She reflected on the influence of “**Theology of the Body**” by Pope John Paul II in her life. She recommended reading the full text, which can be found here: [Theology of the Body PDF](#).
- Sr. Helena shared how she heard **God's voice** guiding her to become a nun, explaining the concept of **infused knowledge** (a topic we have previously discussed in our group)— an inner sense from God that helps us make choices. Knowledge without learning. God gives us this inner sense of making choices. She believes **God is speaking to everyone**, but many may not be listening. Knowledge without learning.
- She talked about Father James Alberione (Founder of the Daughters of St. Paul). She recommended watching the video “Media Apostle: The Father James Alberione Story: You can view it at <https://www.youtube.com/watch?v=UyBvISniKR8>
- There are 3 things we can count on in life: Death, Taxes and God loves you.
- She also touched on her feelings about **AI** and discussed its impact on modern life.
- She mentioned the conversion of popular figures, like Russell Brand, to Catholicism, noting the growing trend of people coming to faith.
- She talked about MT 3:16 : “Behold, I am sending you like sheep in the midst of wolves; so be shrewd as serpents and simple as doves. This passage reminded us of our **call to evangelize**.

Maggie shared her deep faith as a Catholic, speaking about her experiences in college, where she served as the president of her college's Catholic group.

I hope I covered almost all the topics that were discussed at this very special men's group meeting.

Our next meeting will be Tuesday March 4, the final day before Lent, a 40-day period of fasting and reflection. It's also known as Shrove Tuesday, Shrovetide, or Mardi Gras. For this next meeting we will pick up our discussion of EVIL! And also decide what our next book or discussion will be.

Blessings

Norbert