

Men's Group Notes 2024_09_17

First, we need to welcome Nick Brass to our group!

Continuing with Brother Lawrence, letters 4,5 &6.

Sin is a forgetting we are connected to God. Daily Cares and things that do not go how we would like, can help you think about God. The event may not be what we wanted but it can lead us to be thankful for what "I" do have and grateful to what opportunities we have been given.

Thru our readings, discussions and life, we are cultivating our journey to be in the presence of God.

Discussion on Brother Lawrence comment how "religious" persons can live satisfied without the practice of the presence of God. What does it mean to be a "religious" person.

A very interesting topic about how going to church is like therapy. Just as we go to the dentist and then leave with a refreshed mouth or go to the doctor when something is ailing us we go to Church to refresh our souls and to prepare us to go out into the world. Also, just like we need to go to the dentist or the doctor to keep us healthy we need to go to Church to keep our souls healthy to help us be in the presence of God. Church should not just be a worship place but a place where we go and then are strengthened to go out into the world and face its challenges.

Michael suggested we all think about the following "How many times a day do you think about God"? It doesn't have to be formal prayers but just thinking and acknowledging the presence of God.

The topic of forgiveness came up and does everyone need to be forgiven? Even people who have done horrible actions to others. The difference between forgiveness and forgetting. Does forgiving mean we forget what the person has done. Do we have to like the person we forgive?

Books we may read on this topic:

- Radical Forgiveness by Colin Tipping, this book provides the necessary tools to help you forgive profoundly, more or less instantaneously and with ease.
- A Course in Miracles by Helen Schucman. The underlying premise is that the greatest "miracle" is the act of simply gaining a full "awareness of love's presence" in a person's life
- Everybody needs to forgive somebody :12 stories of real people who discovered the life-changing power of grace

For a future meeting: We can also keep thinking about picking a saint (or two) and do a brief talk about why we choose that person. If not a Saint perhaps a special person

The next meeting will be on Tuesday, October 1 at 5pm. We will read Letters 7-10.

blessing to our group

Norbert