

APRIL 2020



Fellowship of United Methodist Spiritual Directors and Retreat Leaders

Visit our website

Join Us in Tuscon, AZ for our  
**National Gathering and Retreat 2021**

Please note:  
Our 2020 National Retreat has been rescheduled for 2021  
in response to the Covid-19 Pandemic



**AUGUST 16-19,  
2021**

PRESENTER

**AMY ODEN**

Contemplative Teacher.  
Speaker. Scholar

**"Practices of Christian  
Mindfulness  
in a Time of Social  
Reactivity"**

Redemptorist Renewal Center  
Tucson, Arizona

Listen in Silence  
because if your heart is  
full of other things,

you cannot hear the  
voice of God.

~ Mother Teresa



## Your Resurrection Story



### Resurrection Examen

By Mary Kay Glazer

This examen is adapted from a version of the Daily Examen that St. Ignatius practiced.

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen>.

You are invited to pray this examen as often as you like. May you have the grace of eyes opened to the signs of resurrection all around you. And may you have the grace to step into the resurrection when you see it, participating in this joyously disruptive movement of God.

1. Become aware of God's presence.
2. Review your day with gratitude.
3. Pay attention to your emotions.

We are in the resurrection season - the days and weeks following our celebration of Easter. Especially in these days of novel coronavirus and COVID-19, think about the resurrection. The concept of resurrection can be challenging, invigorating, confusing, and more. For Jesus' friends, it was life-changing, as much as when they decided to leave everything and hang out with him. Maybe more so. Beyond Easter, what does the resurrection mean for you?

***Has the resurrection changed your life? In what ways? Or, if not, do you have any thoughts, wonderings, or prayers about that?***

***What unsettles you about the resurrection? What excites you?***

***What does God want you to know about the resurrection?***

Resurrection is a disruption, sometimes minor, sometimes major. It is unexpected and can be disorienting. It was for Jesus' friends all those years ago. It was so disorienting that they didn't even recognize the risen Jesus.

***When you contemplate the resurrection – what do you think it meant for Jesus' friends? What***

4. Notice where you saw signs of resurrection. Choose one of those moments and pray with it.

5. Look toward tomorrow. What do I have to do to see signs of resurrection in my community and in me?

6. Rest in God's presence and care, grateful for the grace of this time of prayer.



***does it mean for you now?***

***Has the risen Christ disrupted your life in any way? How? And if not, what are your thoughts, wonderings and prayers about that?***

Before the resurrection came the violently disruptive crucifixion. The grief and hopelessness of Holy Saturday followed. This is a stark reminder that there is no resurrection without death.

***What in your life is being crucified? In your community? In the world?***

In your reflections on the resurrection, it can help to look at where you are in the story.

***Are you with Jesus on the road to Emmaus?***

***Are you Thomas, doubting whether anything really happened?***

***Are you Mary, with Jesus in the garden?***

Wherever you are in the resurrection story, God is there with you. Always.

## **Online Learning Opportunities**

in cooperation with

### **The Rueben P. Job Institute for Spiritual Formation at Garrett-Evangelical Theological Seminary**

Click on course title for more information and registration.

#### **Discerning in Color - Seeking the Spirit through Creative Process**

Sept. 2 - Oct. 7, 2020. Rev. Dr. Karla Kincannon serves as Affiliate Faculty of Garrett-Evangelical Theological Seminary. She is an artist, spiritual director, and author of *Creativity and Divine Surprise: Finding the Place of Your Resurrection*. In her ministry, she has served in parishes, in campus ministry and on the Garrett-Evangelical faculty.

Questions. Contact the Rueben P. Job Institute for Spiritual Formation at [connectional.learning@garrett.edu](mailto:connectional.learning@garrett.edu) or call 847-866-4547.

Watch for our new bi-monthly  
**"RECALIBRATION"**  
Reflective Moments from Hearts on Fire  
Beginning in May

**VISIT US ON FACEBOOK**

