

STAFF DISCUSSION

Going Deeper

PART #1

Scripture Reading

STEP ONE

As a staff, take a few moments to sit in total silence. Silence is a rare commodity and central to how God speaks with us.

STEP TWO

After some time in silence, have one person read the following scripture aloud:

A READING FROM THE GOSPEL OF MARK CHAPTER 6 V. 31

"THEN, BECAUSE SO MANY PEOPLE WERE COMING AND GOING THAT THEY DID NOT EVEN HAVE A CHANCE TO EAT, HE SAID TO THEM, 'COME WITH ME BY YOURSELVES TO A QUIET PLACE AND GET SOME REST.'"

Now, take a few moments in silence and then read it one more time.

Questions for Discussion

QUESTION ONE

In what ways is rest, recovery a conscious part of your school community? What relevance might the words of Jesus above have for your community?

QUESTION TWO

What could you do as a staff to make rest, recovery and restoration a more deliberate aspect of your communal life?



If we truly think of Christ as our source of holiness, we shall refrain from anything wicked or impure in thought or act and thus show ourselves to be worthy bearers of his name. For the quality of holiness is shown not by what we say but by what we do in life.

ST. GREGORY OF NYSSA

STAFF DISCUSSION

Going Deeper

PART #2

STEP ONE

Take a moment to read the following quote:

THE ALTERNATION BETWEEN WORK AND REST, BUILT INTO HUMAN NATURE, IS WILLED BY GOD HIMSELF, AS APPEARS IN THE CREATION STORY IN THE BOOK OF GENESIS (CF. 2:2-3; EX 20:8-11): REST IS SOMETHING "SACRED", BECAUSE IT IS THE HUMAN PERSON'S WAY OF WITHDRAWING FROM THE SOMETIMES EXCESSIVELY DEMANDING CYCLE OF EARTHLY TASKS IN ORDER TO RENEW HIS AWARENESS THAT EVERYTHING IS THE WORK OF GOD.

POPE JOHN PAUL II DIES DOMINI (PARAGRAPH 65)

STEP TWO

A school can often be a place of the, "...excessively demanding cycle of earthly tasks " How could a deeper spiritual life allow your school to live with these demands and even flourish amidst them?



Acquire the habit of speaking to God as if you were alone with Him, familiarly and with confidence and love, as to the dearest and most loving of friends. Speak to Him often of your business, your plans, your troubles, your fears — of everything that concerns you. Converse with Him confidently and frankly; for God is not wont to speak to a soul that does not speak to Him.

ST. ALPHONSUS LIGOURI

Staff Prayer

Dear Lord,

We pray for the grace to interrupt ourselves in the busyness of life and all the demands we face.

Help us to see the need beyond all needs - that of time alone with you.

We pray this week for a gentle movement of desire deep within each of us to come away to some lonely place to be with you.

Help us to overcome all the reasons we are 'too busy' and lead us into encounters with you in silence and solitude.

Lead us back, once again, from these times of restoration into even more effective, teaching, service and ministry.

We make this prayer in your name.

Amen