

# Into the Deep

## Redemptorist Youth and Vocation Ministry

A Ministry of the Redemptorists of the Edmonton-Toronto Province

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## Global Warming: Reaching Out and Inviting In!

As we draw closer to the summer months in the northern hemisphere, we acutely aware of the climate shifts that we have seen over the last few decades. Not that much of this is 100% predictable, but the trends do show us that the earth is becoming warmer. I recall my studies in Environment and Resource Management in Toronto back in the early 90’s showing that the trend was already well in motion. Our latest data, especially through the advocacy of former USA Vice President Al Gore, accentuates and proves the motion of the trend.

Though the environmental “Global Warming” is a growing concern, I think our spiritual “Global Warming” is just as critical! Using the term Global Warming when referencing God, we might have images of the earth on fire, the Holy Spirit setting ablaze the face of the earth, or we might even imagine God punishing us for our sins and pushing the reset button on the earth to start all over again. But I offer you the image of “Global Warming” as Jesus embracing the earth. The heart of God warms the globe, lighting the fire in each one of us to love, serve, be compassionate, and true to our living our call of Baptism. Just like with the environmental “Global Warming”, we must do our part to warm the globe with the love of God. We do this through our actions, by reaching out to those in need, to become Christ for those who need to learn that the Good News of Jesus in the Gospels is indeed Good News!

Our hearts become enflamed with love and with passion in order to “Reach Out”. Our hearts become inspired to share

the Good News in order to “Invite In”. It’s about warming our hearts so that others may be warmed in the midst of a cold world.

July 31-August 2<sup>nd</sup>, Redemptorists, Lay Collaborators, Staff and Leaders who work with Youth, Young Adults and Vocation Candidates will gather in Canandaigua, New York for the first North American Symposium on RYVM. This gathering, using the theme, “Global Warming: Reaching Out and Inviting In!” seeks to invite staff and leaders from Redemptorist Parishes and ministry settings from across the continent to grow in the warmth of the mission of the Redeemer through the Charism of the Redemptorists, and to deepen our sense of passion and mission to our work with youth and young adults. This will be a time of reflection, professional and personal development, skills training and creating a shared vision of our work, so that together, we can Reach Out and Invite in!

We all share in this vision and passion together, whether or not we attend the Symposium. What is important is that we take the step in our personal and spiritual life to become enflamed and “warmed”. How might our mission as Redemptorists enliven your heart, and invite you into further mission? How might our mission as Redemptorists speak to our young people, and call them to live deeply their love of Christ and their call to discipleship.

*To read more about the Symposium, our speakers and schedule, visit our website: [www.ryvm.ca/symposium2009](http://www.ryvm.ca/symposium2009)*

**Fr. Santo Arrigo C.Ss.R.**

*Coordinator of Redemptorist Vocation Ministry  
Symposium 2009 Planning Team*



## “Young Adults in Action” - Experiencing L’Arche, the Ministry of the Developmentally Disabled

Reflection by: **Kim Celestine**,  
Young Adults in Action Participant

On Friday March 6<sup>th</sup>, Father Jon Hansen, the Formation Director and Associate Pastor of St. Patrick’s Parish in Toronto, invited some young adults from the Young Adults in Action group to journey with him to a mass that he presides at L’Arche Daybreak in Richmond Hill. This was the third L’Arche event for Young Adults in Action. The first was an opportunity to learn and share about the ministry with the developmentally disabled featuring Joe Egen and Patrick from L’Arche at a gathering in Redeemer House. The second was an Open House with a presentation and TAIZE prayer at L’Arche Daybreak.

In the first gathering, we watched the biography of a core member, John who was born with down syndrome. His mother had passed away and an assistant at L’Arche promised her that he would take care of John. John lived and worked at Daybreak. He has friends at Daybreak who lives with him and he also has friends in the outside community. The video revealed that the people in John’s life have benefited from him also and it was a mutual exchange of friendship that is fulfilling. John is one example of the core members in 100 countries around the world.



The Day Spring Chapel was designed by the architect Joe Lobko and to call it beautiful would be an un-

derstatement. It’s central theme is light, so it looks like a Chinese lantern. But observing the chapel, it also conveyed to me the image of an ark. L’Arche is French for “The Ark,” as in Noah’s Ark. Its message is solitude, community and ministry and its unique design allows this as it is not your typical chapel.

We were warmly received by Sister Sue Mosteller and John from the video presentation. He was as charming and friendly in person as the video conveyed. I was thrilled to meet him, I felt I already knew him. There was a wonderful feeling of community and family there.

They were also celebrating the 40<sup>th</sup> anniversary of L’Arche Daybreak. What started out as Jean Vanier, son of Governor General Georges Vanier taking two men in 1964 in France to live with him, was now an international network of faith-based communities for men and women with developmental disabilities. L’Arche Daybreak is the oldest L’Arche community in North America.

L’Arche is working towards a world of inclusion, compassion, unity and hope, where everybody belongs regardless of culture, race and creed. We can learn from the exam-



ples of the developmentally disabled in approaching life from a different direction and they can teach us how to live and love.

The gospel this day was about Christ’s Transfiguration. Father Jon encouraged us on this holy season of Lent to look within ourselves and spend time in quiet with God. He also compared the 40 year journey of Daybreak to the 40 day Lenten journey.

I think what I enjoyed most about the service was the core members assisting Father Jon serving Mass and saying prayers. They expressed freely what was on their hearts to offer up to Christ. It was a deeply spiritual and yet personal experience. I was very moved and in awe of the graces that these beautiful people bring to us.

After communion, core members and assistants danced and sang songs of praise in thanksgiving to God. John joined the band slapping his spoons and singing praises. It was a truly joyful experience.

L’Arche’s founder Jean Vanier said, ‘People don’t realize that the most weak and vulnerable are the ones who heal our hearts.’ I can honestly say that after walking away from the arms of core members, assistants, mothers and friends at L’Arche Daybreak, I experienced some healing of my own.

## Reflection on Redemptorist High School Retreats

Reflection by: **Rhiannon Weismiller**,  
Redemptorist High School Retreats Volunteer

During two consecutive February Friday mornings I exit St Patrick's subway station walking west on Dundas Street towards McCaul Street on my way to facilitate a high school retreat. Each time I pass the same disheveled looking man always sitting cross-legged, rocking back and forth methodically on his favorite sewer vent. Both times he acknowledged me as if he always knew me. With a wide grinning I am greeted with a cheerful and friendly "*good morning Lady, enjoy your day.*" Though I smile back each time, I silently question how many people walk by him just as I did.

Shortly after, I would meet 65 teenagers who travel downtown, leaving the classroom hoping to have a meaningful encounter with the homeless and the forgotten who spend their nights in the nooks and crannies of urban Toronto. Our day consists of a prayer walk, an experiential poverty lunch, discussions about global inequalities, goal setting and a deeper understanding of justice and charity. Although most students return home to a comfy bed, as I do, I leave the retreat day pondering how I can make a meaningful impact next time.



What is the greatest challenge walking away from a social justice retreat? What is the greatest challenge walking past the same homeless person everyday? What is the difference between that homeless people, a classmate at school or a colleague you share an office cubical with?

The answers could vary but as a Christian, the common denominator between the three is Christ. I think the biggest challenge not just for myself but for everyone is to seek and find the eyes and heart of Jesus in each person we come across throughout our day. If I can only see God in another he will show me the power I hold to surpass such a challenge.



## Tips for Discernment

***It's not just about becoming a priest or sister!***

**If I am serious about discovering God's will, I must be clear about what it is that I desire. What is my goal?**

### What Questions need to be asked in setting a goal?

- What is my short range goal? My intermediate goal? My long range goal?
- What present strengths do I possess that will help me achieve this goal?
- How soon, realistically, would I like to achieve this goal?
- What leads me to believe that this is a good idea?
- What barriers, if any, do I anticipate that might keep me from achieving this goal?
- What other factors play a part in helping this goal become a reality?

### If I am serious in my desire to know God's will, it implies the following:

- Openness to get in touch with oneself, one's fears, concerns, gifts....
- Openness to hear the word of God even when it is difficult to accept.
- Openness to remove obstacles that are within us, preventing our hearing or accepting God's word, the call of God.
- Openness to scrutiny of our responses to God, to people.
- Openness to personal prayer—to trust in God.

### A Discernment Process

1. Write down the decision to be made.
2. Write down the decision not to be made.
3. Make two columns for each decision.  
Write down the pros and cons for both decisions.
4. Evaluate the weight of those things you have written down.  
Are both decisions about choosing something good?  
Does one weigh more heavily than the other?
5. Choose one of the decisions. Live with it for a week.  
Talk to friends about it, listen to your own feelings, thoughts, dreams, sleeping and waking patterns.
6. Wear the other decision for a week.  
What are your feelings now?  
How has your prayer been during the week?
7. Make a choice. Live with the decision.

# "Put out into the deep"... Discerning the Call!

By: Francis Doyle



"Put out into the deep..." These words, initially aimed at Christ's first disciples, have reverberated down through millennia within the Church. While the situation that Peter and the others close to Jesus found themselves faced with was no doubt peculiar to them in an extraordinary way, the same invitation from Christ remains echoing

deep within the hearts of all the elect baptized into the inheritance of Christ. If for the disciples, the answer to what they were looking for - their big catch - was to be found by casting their nets out into deep waters, what is the answer for us today? What is this "deep," wherein each of us, if we let down our nets, will find that for which we long so profoundly? Obviously, this answer will be as unique as each enquirer from whom God hears these questions.

For me, and probably for most young people discerning their vocation, this "deep" is quite an unknown. Shallow and familiar waters are quite comfortable; in them we know what we are dealing with, we know what to expect. We've envisioned our lives in these waters, and so many around us seem so content in them, not often pondering life lived any deeper. But for some, the shallow waters have proven empty; comfortable perhaps, but ultimately unfulfilling and always leaving something to be desired. Casting into the deep can be a deeply frightening notion, and yet we know that what we stand to gain is so much more than we could ever find in shallow waters. Once God stirs these feelings in our hearts, often there is no turning back. Then suddenly, we are faced with a whole new series of questions: how do we possibly begin to find out what God may want from us? Where does God want us to be, and what does He want us to do with the gift of life we have been given? Again, the answer may be found in Jesus' own words.

What about casting "into the deep" by entering deeply, fully and honestly into relationship with God? What about venturing deeply into sacred scripture, where people from all generations have heard and responded to the call from the One who is ever ancient and ever new? What about casting into the deep by letting go of our attachments to those things that keep us bound to this world, and instead embracing those things which free us to follow God's will? What about casting out into the depths of what can be the nearest yet most unknown thing of all: our own hearts and our own deepest desires? *At this point in writing, the writer laughs out loud at himself.*

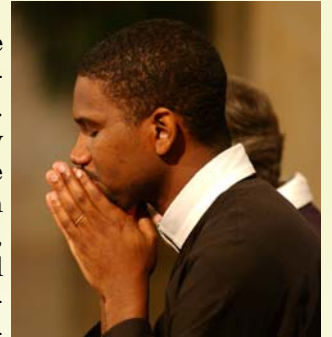
How easy these thoughts are put to paper, and yet how different is the situation for that individual discerning their vocation! As my friend who is studying in our local seminary once told me, "lots of people want to be martyrs for the Kingdom, but no one wants to wash the knives and forks." In other words: the big and lofty things are all well and good, but how do we translate that into our normal, mundane, every day routine?

On the general level, we know that the number one answer to this question is prayer. The Gospels go out of their way time and again to tell us of the time Jesus spent in prayer with His Father. If Jesus the Christ, the firstborn of all creation, had the need to engage in relationship with the Father in this manner, how important this must be for us attempting to discern God's will for us! But every once and a while, God abandons His gentle guiding, and more directly intervenes along our journey. Only in retrospect do I see this direct intervention in my life, and yet how bold and direct it was in my life.

Fr. Mike, the chaplain at the University where I work came up to me and looked me in the eye. "Francis," he said, "there's a retreat I think you should go on. Check your e-mail - I sent you some information about the Redemptorists." That name meant little to me then, but now I thank God so much for placing the Redemptorists along my vocation path. From the moment I first arrived at Redeemer House in Toronto and was met by Fr. Santo, the vocations director, there was a very strange feeling: almost like a feeling of being at home.

The Redemptorist way of life immediately speaks of heading into the deep: ministering to those forgotten individuals left on the fringes of our communities. From St. Alphonsus Liguori and the young, dedicated priests and brothers he gathered around him to minister to the poor shepherds and farmers around Naples, to the vibrant and faith-filled community I was privileged to live and pray with for a short period, who faithfully attend to the needs of Toronto's most vulnerable - the Redemptorists live out Jesus' call in a way which resonated with me in an incredible way.

Life as a Redemptorist seems to facilitate something which is quite difficult to find anywhere else: a life where one



Continued from the previous page.....

can live out Gospel values and engage the community in a radical way, and accomplish this by living as simply as possible. The devotion and passion with which Redemptorist priests and brothers live out their call would inspire any individual who is discerning religious life or the priesthood, and their faith and enthusiasm was a breath of fresh air into my discernment journey.

Anyone who is discerning a vocation to priesthood or religious life should most definitely do themselves a favour and look into life with the Redemptorists - it is not something they will regret.

For me, this journey continues on, and God is the only one who knows where my life will go from here, or what my story will be. My simple prayer is that God will give me the strength and courage I need to cast out, as did St. Alphonsus - wholeheartedly and without reservation - into the deep. As we know from the Gospel story, the apostles' catch was so large that their nets began to break and their boat began to sink.

A great reward waits also for us - a reward which requires more than just testing the waters or getting one's feet wet. The waters may be deep, dark and unfamiliar, but the example of St. Alphonsus and the life of the Redemptorists can give us the strength we need to dive in head first.

# Prayer Discovery Corner !

## Journaling

### What is Journaling?

**It is a record of our communication with God. You may keep a journal reflecting on the fruits of prayers, or you may use it to record spiritual lessons learned from different life events, or use it to keep your own prayers. No matter what you write in the journal, it is fruitful to go back and learn from what you have written later on.**

### How is this done?

1. Decide how you want to keep this journal. You may purchase a blank book or use loose-leaf paper held in a ringed notebook.
2. Decide how often you will make notations in your journal. You may want to record insights from other prayer practices or write your prayers in the journal or both. Some people even keep notes from their dreams in their journal. It's a book that belongs to you and God. Do with it what feels best.
3. Begin by asking God to be present and alive in this journal-keeping exercise.
4. To explore spiritual growth based on events in your life, write about a significant event or happening in your daily life.
  - How do you feel about that event?
  - Where was God at work in the event?
  - Where is God leading you now as a result of this event?
  - How do my feelings change as I view the event in the light of God's love?
5. To notice how God is active in your life, review your journal at regular intervals.
  - What patterns or common themes do you notice?
  - How does God get your attention?
  - How has God answered your prayers?
  - Assess how your relationship with God is emerging.
6. Make notations about any common themes or patterns.
7. Close each journal session with a prayer of gratitude.

### Tip

**This is a praying exercise, not a writing one so you do not have to be a writer to journal. It may also be fruitful to share journal findings with a group. Share whatever you feel comfortable sharing but write all your findings in the journal since this will help you to learn from them later on.**

Blythe, Theresa A. *50 Ways to Pray*. Nashville: Abingdon Press, 2006: 67-68.

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# Some Interesting Thoughts

The best mathematical equation:  
1 Cross + 3 Nails = 4 Given

We can't change the message, the message changes us.

The good Lord didn't create anything without a purpose, but mosquitoes come close.

# Redemptorist Priests and Brothers

Come and See  
if God is calling you to join us in our  
**Mission of Evangelization**

**Attend a Come and See Weekend Retreat!**



**For Discernment and Retreat Opportunities, Contact:**

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## Locations and Dates of upcoming Retreats

**Halifax**

May 1-3, 2009

**Toronto**

June 19-21, 2009

Register ONLINE at

**www.ryvm.ca**

**Evangelizare Pauperibus et Pauperibus Evangelizari**

Visit our website often and keep up with what's happening at:

**www.ryvm.ca**

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There are several websites that pertain to the Church, Redemptorists, discernment, and different other "Catholic" things!

Check these websites out!

Busted Halo	<a href="http://www.bustedhalo.com">www.bustedhalo.com</a>
Canadian Vocation Network	<a href="http://www.vocations.ca">www.vocations.ca</a>
Canadian Certificate in Youth Ministry Studies	<a href="http://www.ccyms.ca">www.ccyms.ca</a>
Canadian Catholic Campus Ministry	<a href="http://www.cccm.ca">www.cccm.ca</a>
Catholic Information Center	<a href="http://www.catholic.net">www.catholic.net</a>
Centre for Ministry Development	<a href="http://www.cmdnet.org">www.cmdnet.org</a>
Earth Ministry	<a href="http://www.earthministry.org">www.earthministry.org</a>
Newspaper on Religious Life	<a href="http://www.vidimusdominum.org">www.vidimusdominum.org</a>
Redemptorists in North America	<a href="http://www.redemptorists.com">www.redemptorists.com</a>
Redemptorists in Rome (General Gvnm't)	<a href="http://www.cssr.com">www.cssr.com</a>
Story of my Life - Vocation Test at.....	<a href="http://www.vocations.com">www.vocations.com</a>