

Oblate Meeting: April 14, 2019

Food and Drink

Preparation: RB 39-40, Spirituality pp. 184-190 and Insights pp. 118-122  
Art of Living pp. 59-61 (Eating) and pp. 86-69 (Feasting)

Chapter 19 in *The Oblate Life: Moderation: The Key to Permanence*, Michael Casey, pp 177-186

Lectio: Phil 4: 11-13

...for I have learned, in whatever situation I find myself, to be self-sufficient. I know indeed how to live in humble circumstances; I know also how to live with abundance. In every circumstance and in all things I have learned the secret of being well fed and of going hungry, of living in abundance and of being in need. I have the strength for everything through him who empowers me.

Facilitators: Rosemarie Oliver and Bonnie Westmark

Tentative Schedule:

12:30-12:40 pm	Opening Prayer/Announcements
12:40-1:10 pm	Rule/Book Discussion
1:10-2:00 pm	Lectio
2:00-2:10 pm	Break
2:10-2:30 pm	Presentation on Moderation
2:30-3:30 pm	Spring Social