

Oblate Meeting: April 14, 2019

Food and Drink

Facilitators: Rosemarie Oliver and Bonnie Westmark

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

Reflection Questions offered by Sister Lucy:

1. Is there anything in your life right now that tips the balance between work, prayer, leisure and study?
2. How do you choose between two good things?
3. When you opt for a more balanced life, what helps you stay faithful and committed?
4. How much do you honor your commitment as an oblate to a balanced life when you make your daily choices?

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.

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