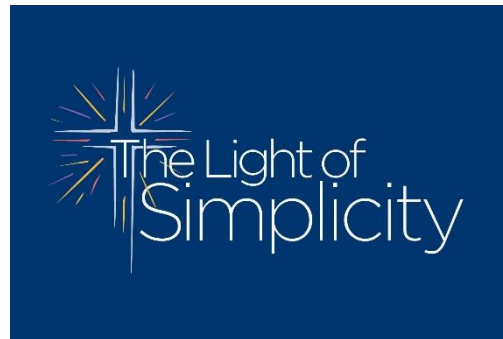


Friday Night Conference

Building Community by Caring for Others

Bill Walsh

- It's human nature to make life complicated, but God through the prophets and through Jesus has been telling us, not to worry and not to be suspicious of others. Instead we are called to care for each other.



Scripture: John 17:20-21

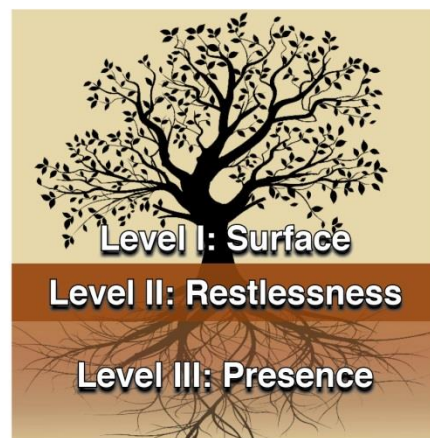
Recommended Reading: *Everyday Simplicity*, Robert J. Wicks.

Saturday Morning Conference

Freedom from All that Possesses Us

Brandon Nappi

- When we learn to be with every and any emotion, then we are free.
- Once I'm at peace then I'll have everything I want.
- You are greater than anything that can happen to you.
- You are a container for God.
- The chief thing that separates us from God is the thought that we are separated from God. -Thomas Keating
- Presence is the only thing that will calm the restless heart.



Scripture: John 14 and Romans 8

Recommended Reading: *87 Minutes*, Kent Hoffman (available free online)

Simplicity, Richard Rohr

The Simple Faith of Mr. Rogers, Amy Hollingsworth

The Three Questions, Jon Muth

Reconciliation

Seeing God in One Another

Fr. David Cinquegrani, C.P.

Reconciliation is a complex issue, so it takes some ingenuity to simplify it! Jesus attempts to simplify it when asked how we should live. His response is to offer the one great commandment; love God and love one another as you love yourself. Though seemingly two commandments, it is one circular exhortation – love of one another IS love of God. Without love for the neighbor, the outcast, the stranger, there is no love of God.

Scripture: Matthew 22:36-40

Recommended Reading: *Freedom of Simplicity*, Richard J. Foster

The Joy of Love: Amoris Laetitia, Pope Francis

Saturday Eucharist

Learning to Be Happy Right Now

Fr. Terry Kristofak, C.P.

- Learn to be happy right now, otherwise you will run out of time!

Recommended Reading: Pope Francis, *The Joy of Love*

Saturday Evening Prayer

Receiving All That God Gives Us

Sr. Elaine Betoncourt, C.S.J

- Prayer and relationships in "the Light of Simplicity"
- God is the giver of all things and we are the receivers. God knows what we need; we simply need to give our hearts and minds to God. As we relate with one another let us risk being vulnerable.

Scripture: Matthew 13.45

Recommended Reading: *Sustainable Happiness*, Sarah Van Gelder

Change the Story, Change the Future, David Korten

Selected Writings on the Earth Community, Thomas Berry

Promise of Simplicity

In the light of simplicity,

- I will enjoy and be grateful for the simple pleasures of life.
- I will care for the earth and all of creation.
- I will declutter my mind from negative or judgmental thoughts.
- I will slow down and engage in "single-tasking".
- I will be more frugal by wanting less and buying only what is necessary.
- I will live a healthy life by eating well and exercising.
- I will follow Jesus Christ who taught us how to live.

Sunday Morning Conference

Freedom to Love All Creation

Brandon Nappi

- Simplicity frees us to love: Give away what you have been given in abundance.
- Vulnerability: Courage to be the first to act
- Complaining= judgment + worship –Kyle Cease
- Find beauty in brokenness
- Spiritual life does not promise freedom from fear but freedom in fear.
- AND is the most important word in the spiritual life.

Scripture: John 15

Recommended Reading: *Sustainable Happiness*, Sarah Van Gelder

