

# INHERITANCE 2020

STEP INTO THE TRUE, GOOD, AND BEAUTIFUL

# AT HOME CONFERENCE SCHEDULE

## Friday, October 9th

5:00 p.m. | Cook Dinner (Begins Your Experience)  
6:00 p.m. | Enjoy a Home Cooked Dinner  
6:30 p.m. | Personal Prayer | Meditation #1 (See Below)

7:00 p.m. | In-Person Evening Session Begins  
**7:30 p.m. | Online Talk w/ Fr. John Burns & Sr. Miriam Heidland**  
8:00 p.m. | Reflect & Journal  
8:30 p.m. | In-Person Session Concludes

\*Retire for the evening to ensure 7-8 hours of sleep.

## Saturday, October 10th

\*Upon Rising: Get ready for the day; take a shower, brush your teeth, etc.

8:00 a.m. | Breakfast  
8:30 a.m. | Personal Prayer | Meditation #2 (See Below)

9:30 a.m. | In-Person Morning Session Begins  
**9:55 a.m. | Online Talk w/ Fr. John Burns & Sr. Miriam Heidland**  
10:30 a.m. | Reflection & Journal  
11:00 a.m. | In-Person Session Concludes

12:00 p.m. | Lunch  
12:30 p.m. | Outside Leisure Activity (maybe a walk) or Spiritual Reading

1:30 p.m. | In-Person Afternoon Session Begins  
**1:35 p.m. | Online Talk w/ Fr. John Burns & Sr. Miriam Heidland**  
2:00 p.m. | Personal Prayer | Meditation #3 (See Below)  
3:00 p.m. | In-Person Session Concludes

5:30 p.m. | Cook Dinner  
6:00 p.m. | Enjoy a Home Cooked Dinner  
**7:00 p.m. | Mass & Eucharistic Adoration LIVE-Streamed Online**  
9:00 p.m. | Conference Concludes

\*Retire for the evening to ensure 7-8 hours of sleep.

## Sunday, October 11th

\*Attend Sunday Mass in-person if you are healthy and able.

# Preparing for Your At Home Conference

Get ready for a more retreat-like conference experience.

- Make sure you have enough good food for the retreat: 2 breakfasts, 2 lunches and 2 dinners.

Here are some thoughts on how to better enter in:

- Put your phone on vibrate/silent and place it somewhere you won't be tempted to pick up throughout the day.
- Decide how often and at what time(s) you will check messages.
- Plan to stay away from news, social media, television, and other electronics.
- Let friends and family outside of your household/roommates know that you are on retreat and will not be as available via phone or social media as normal. Let them know your planned times for checking your phone.

Prepare a home prayer space:

- Find a spot where you will not be interrupted or distracted
- Create a comfortable (but not too comfortable) prayer space. Consider a chair, blanket, good lighting, and adorning with a crucifix and favorite image of Scripture or a Saint.
- Gather a Bible, Journal, favorite pen, and one faith related book to use during your conference.
- Set up your computer, speakers, etc. to watch the online conferences. Make sure a charger/WiFi reach your space!

# Meditation #1 - *Psalm 139:1-16*

God is here. God wants to be found. God is pursuing you.

*As I begin, I become aware of the Lord present to me,  
looking upon me with love, desiring to speak to my heart...*

In the midst of uncertainty, stress, and upheaval, we often wonder, where is God?

How do I find God in the midst of this situation? In the midst of this situation.  
Though I may not feel it, God is here and has never left us (Matthew 28:20).

Take a moment to recall these simple truths:

God is here.

God wants to be found.

God is seeking you.

If we're going to find God with us right now in the midst of all that's going on, we have to be honest with ourselves and with God about what's been going on in our hearts.

How are you doing?

Really.

Take some time to be honest with yourself about how you're doing in the midst of our "new normal." What's been going on in your heart?

Tell God all about it.

*Prayerfully I read Psalm 139:1-16*

*Meditation*

*Lectio Divina is one way of praying with Scripture from our Catholic tradition taught by monastic communities. In Lectio Divina, we read the passage multiple times and listen for God's responses to these questions. It can work for any scripture passage, and is particularly fruitful with the Psalms.*

Lectio: Read the passage. Lord, what word or phrase do You want to speak to me?

**Read (Lectio)** - *Lord, what word or phrase do You want to speak to me?*

Read the scripture passage. Digest it slowly. "Listen with the ear of your heart" (St. Benedict) for a word, phrase, or verse that stands out to you—perhaps ever so slightly. Even if something bothers you or just raises a question, note it. God catches our attention in many ways. Consider reading more than once, and/or out loud.

**Reflect (Meditatio)** - *Lord, why this word or phrase? What do You want me to do with this?*

Think about whatever grabbed your attention. Ponder that word or phrase. Ask questions about that word. If nothing stands out, try summarizing the passage in your own words. Notice where your thoughts lead.

**Respond (Oratio)** - *Lord, here's what this brings up for me...*

Talk to God about this passage as you would to a friend. Tell him everything that's on your heart and mind right now and ask him your questions.

**Rest (Contemplatio)** - *Lord, is there anything else?*

Rest in God's presence for a few minutes of silence. This allows the Lord to work on you in unseen ways. Do not worry about trying to accomplish anything in these few minutes. When you are spending time with a loved one, not every moment is filled with saying something or doing something. Sometimes you're simply being with each other, comforted by each other's presence. "Be still and know that I am God," (Psalm 46:11).

After the Prayer - For Your Journal

*What word in this Scripture most spoke to my heart?*

*What touched my heart in this time of prayer? What did my heart feel as I prayed?*

*What did I sense the Lord saying to me?*

Inspired by Fr. Mark Toups podcasts Finding God in the New Normal. For more see: <https://www.marktoups.com/the-new-normal>

Lectio Divina Adapted from a resource by the [Evangelical Catholic](#)

## Meditation #2 - *Mark 10:46-52*

“What do you want me to do for you?”

*As I begin, I become aware of the Lord present to me,  
looking upon me with love, desiring to speak to my heart...*

*Prayerfully I read Mark 10:46-52*

*Meditation*

I see the crowds, the road as it leaves the city, the blind beggar seated by the road... I am there with him... perhaps I take his place, and, now, I am seated there, like him, waiting...

He seeks to come to Jesus out of his great need, and his hope that in Jesus he will find healing. But he is helpless to approach the Lord... I sense my own need, my own hope, my own helplessness.

I watch as he pours out his need and his hope in the repeated cry: “Jesus, Son of David, have mercy on me!” His cry becomes the cry too of my heart: “Jesus... have mercy on me!” I make this prayer to the Lord...

Jesus hears this cry. He stops. He says to the crowd: “Call him.” I hear them say to me: “Take heart; rise, he is calling you.” I feel my heart begin to lift with new hope...

I stand before Jesus. Our eyes meet... I see his face, I hear his words, his question to my heart: “What do you want me to do for you?”

Now Jesus and I are alone in the midst of the crowd. And I speak to him from my heart, unhurriedly. I dare to tell him all that I hope he will do for me... all that I hope for from this time of prayer...

I say to him: “Master, I want to see.” Help me to see! Help me to see my way clearly in the doubts and fears that my heart feels; help me to overcome the obstacle that keeps me from the closeness I desire with you...

And, with Bartimaeus, I experience Jesus’ word of healing... I sense the love that pours out from him and brings healing, brings new hope into my life...

I follow him along the way...

After the Prayer - For Your Journal

*What word in this Scripture most spoke to my heart?*

*What touched my heart in this time of prayer? What did my heart feel as I prayed?*

*What did I sense the Lord saying to me?*

From: *An Ignatian Introduction to Prayer: Scriptural Reflections According to the Spiritual Exercises* by Timothy M. Gallagher, OMV

# Meditation #3 - *Mark 1:29-38*

Spending a day with Jesus

*As I begin, I become aware of the Lord present to me,  
looking upon me with love, desiring to speak to my heart...*

## *Meditation*

“Lord, please teach me to pray. Give me the grace that all my thoughts, actions, imagination, and desires may be directed to You and your glory.”

*Prayerfully I read Mark 1:29-38*

I imagine the scene of the passage, including the way to the place, and the place itself, where the mystery will unfold. I imagine the climate, the time of day, the landscape, etc., as if I were there myself.

“Jesus, help me to know you more intimately, love you more dearly, and follow you more closely”

I put myself in the scripture passage. As though present, I participate in the mystery as I am led. I may take the place of one of the characters or assign myself the role of a bystander and watch it unfold. I pay close attention to how Jesus interacts with others, the choices He makes, how He reacts to others, and His emotions.

I notice that this is a 24 hour period of Jesus’ life. Because it is the sabbath they would not work or travel. Jesus and the others present would spend from midday until sunset in a time of rest together.

I imagine how Jesus spent the rest of the day, between verses 31-32, and I pass the time with him. I *see* how they appear and what they do, I *listen* to their words, I *consider* their interactions.

As the scene comes to a close, I approach Jesus and talk with him about whatever has arisen in my mind or heart. I speak, thank, ask, and listen as one friend converses with another.

*It might sound like: Lord, why did you \_ ? What does it mean that you \_ ? What was it like for you that \_ ?  
What about \_ happening in my life? What do you think about \_ ? Is there anything else?*

I conclude my conversation with Jesus by thanking him for all he has done and given me in this time of prayer. I close with the Lord’s Prayer.

## After the Prayer - For Your Journal

*What word in this Scripture most spoke to my heart?*

*What touched my heart in this time of prayer? What did my heart feel as I prayed?*

*What did I sense the Lord saying to me?*

Adaptation from The Spiritual Exercises of St. Ignatius of Loyola Week II Meditations: Life of Christ