

RECLAIMING THE FIRE-JULIANNE STANZ

Put a checkmark beside the 3-5 defensive behaviors that you do most frequently. Put a star next to the behavior you find most difficult to deal with in others.

Sign	
1. Loss of humor	
2. Trivializing with humor (Laughing it off)	
3. A high charge of energy in the body (Flushed, shallow breathing, tight throat)	
4. Sudden drop in I.Q. ("I don't know; I'm so confused")	
5. Having to be right all the time	
6. Wanting the last word (Rise in volume of voice)	
7. Flooding others with information to prove a point	
8. Endless explaining, rationalizing or justifying	
9. Playing "poor me"	
10. Teaching, preaching or speech-making	
11. Blaming	
12. Denying	
13. Pretending	
14. Being too nice	
15. Poker face (masks)	
16. Sarcasm or cynicism (victim)	
17. Illness	
18. Withdrawal into deadly silence	

Sign	
19. The typology excuse ("That's my personality/ just how I am.")	
20. Terminal uniqueness ("I'm different from everyone else. You won't figure me out.")	
21. Rigidity	
22. Intellectualizing	
23. Criticizing	
24. Anger/Attack/Shaming (The best defense is a good offense.)	
25. Holding a grudge	
26. Indignation (taking offense)	
27. Enlightened ("I'm aware of that; leave me alone")	
28. Selective deafness (Hearing only what you want to hear)	
29. Suddenly tired or sleepy	
30. Addictions (Shopping, busyness, sex, drugs, foods)	
31. Caretaking; rescuing	
32. Harried; too busy to	



Healing Hope Hospitality

In the Gospels, we read that Jesus spent about 25% of his time healing the blind, the lame, the paralyzed, the hard-hearted, the angry and the despairing. Jesus never turned anyone away that needed healing. As such, we and by extension our parishes, should be spaces of healing love and mercy. Pope Francis reminds us that what the Church “needs most today is the ability to heal wounds and to warm the hearts of the faithful...I see the church as a field hospital after battle”.

Healing, hope and hospitality are the “hinge-points” of conversion for those in pre-evangelization. It is important for us to connect these three elements in our own life so that we help others to discover and follow Jesus. We clearly see this in the story of the Roman centurion who begs Jesus for healing - not for himself, but for his boy servant in Matthew 8: 5-11. *“Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed.”* - Matthew 8:8.

As you think about your awakening to faith and the joy and challenges that have come with it, reflect on the following:

Healing: *“for what I have done, and what I have failed to do” (Confiteor)*

As you think about a particularly difficult experience or pattern of experiences in your own life, what did you ask the Lord to heal?

Hope in Your Journey: *“therefore I ask....”*

What did the Lord do for you during this time? How did He provide his consolations?

Hospitality: *“blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.”*

Who came alongside you to help you see what the Lord had healed in your life?

May God the Father who made us, bless us.

May God the Son, send his healing among us.

May God the Holy Spirit move within us and give us eyes to see with,
ears to hear with and hands that Your work might be done.

May we walk and preach the word of God to all.

May the angel of peace watch over us and lead us at last, by God’s grace, to the Kingdom.

St. Dominic