

G na Tayo!:
A Galilee Experience



The apostles returned to Jesus, and told him all that they had done and taught. And he said to them, “Come away by yourselves to a lonely place, and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a lonely place by themselves.

Mark 6:30-32 (RSV)



What is Galilee?

- A place where Jesus lived, grew up, called His disciples, preached, and did miracles.
- A place where he sent His disciples and where He invited them to rest.

Galilee

- A place of communion
 - A place of encounter with people
 - A place of encounter with Jesus (with God)

The disciples told Jesus about what they have done and taught.



“Come away by yourselves to a lonely place, and rest a while.”



Galilee

- A place of communion
 - A place of encounter with people
 - A place of encounter with Jesus (with God)
- These correspond to the dimensions of *koinonia* or communion
 - Horizontal
 - Vertical

The Galilee Experience

- A prayer experience
- An encounter with Jesus
- A communitarian prayer experience while setting oneself out in solitude

“Come away by yourselves to a lonely place, and rest a while.”

Silence, Solitude and Sacred Space

- “Silence protects us from our noisy selves and prepares us for the work of God in us” (Chittister in Gallagher, p. 5, “Spirituality of Community Life”).
- Solitude is the prelude to communion with God and others (Ciardi, p. 64ff, *Koinonia*).
- Sacred space is where everything gravitates towards the heart.

GALILEE STATIONS

- Prayer method: through stations, mini-pilgrimage through the Examen
- A prayer-journey; a silent journey
- In Each Station: there is a bible verse we can reflect on and a prayer-act we are invited to do.
- SILENCE | SOLITUDE | SACRED SPACE

THE GALILEE STATIONS

STATION	LOCATION
1. THANKSGIVING	4 th Flr/
2. MEMORY & UNDERSTANDING	4 th Flr/
3. BROKENNESS	6 th Flr/
4. BLESSEDNESS	4 th Flr/
5. HEALING & FREEDOM	4 th Flr/
6. RESOLVE & HOPE	4 th Flr/

REMINDERS

- Let's maintain a prayerful silence throughout the journey to the 5 stations
- Respect the sacred spaces of other people
- Take your time. Dialogue with God and with the experience of God in every station.
- Physical silence also calls for silence from gadgets/social media

STATION 1: THANKSGIVING

“... [G]ive thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18

STATION 1: THANKSGIVING

Recall all the things you are thankful for in the past year—the gifts, graces, etc.

Contemplate on them and write a prayer of thanksgiving on colored paper provided. While maintaining a prayerful silence, attach the paper on any of the white boards at the back part of the room.

Continue to pray in silence as you proceed to Station 2.

STATION 2: MEMORY & UNDERSTANDING

“O Lord, thou hast searched me and known me! Thou knowest when I sit down and when I rise up; thou discernest my thoughts from afar. Thou searchest out my path and my lying down, and art acquainted with all my ways.” Psalm 139:1-3

STATION 2: MEMORY & UNDERSTANDING

PRAYER-ACT:

Use your battery-operated candle. Light it up and hold it as you find your sacred space and pray silently.

Pray for the grace to recall all the significant events in your ministry/post the past year—good and bad—and to be open to the movements of God in these events.

Recall when and how you have felt closest to God (consolation) and when and how you have felt most distant to God (desolation).

Pay attention to the prominent emotions. You may write about them on the space provided below. You may also dialogue with the memory of your most significant experience. Continue to pray in silence as you proceed to Station 3.

(Note: for your room assignment, please refer to the colored slip of paper attached to your handout).

STATION 3: BROKENNESS

*“For I know my
transgressions, And my sin
is ever before me.”* Psalm 51:3

STATION 3: BROKENNESS

PRAYER-ACT:

In prayerful silence, pick an object that speaks to you as you reflect on a time when you have fallen into desolation—a time when you have felt farthest from God or from His grace. It may be a broken fragment, a dried leaf/twig, or a rock. Find a corner where you can contemplate on our object. It may be a symbol of your sinfulness, dryness in faith life, or hardness of heart.

Dialogue with this moment of brokenness. You may take your time and ask for the grace of accepting this instance of brokenness, and for the graces of wholeness, fullness and gentleness of heart.

Continue to contemplate on your brokenness in silence as you proceed to Station 4.

STATION 4: BLESSEDNESS

***“He has made
everything beautiful in
its time.”*** Ecclesiastes 3:11

STATION 4: BROKENNESS

PRAYER-ACT:

- Proceeding in silence, pray for the grace of understanding and seeing God's hand in your experience of brokenness. God may not be the cause of this experience, but He has allowed it for a certain purpose. Ask for the grace to realize this purpose that you may see beauty in this brokenness. As you feel blessed, feel where you are most attracted to lay down your object on the spread on the floor—to become part of the Tapestry of Blessedness. Go on in silence and proceed to Station 5 (pails of water).

STATION 5: HEALING & LETTING GO

“For freedom, Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery.” Galatians 5:1

STATION 5: HEALING & LETTING GO

PRAYER-ACT:

As you continue your silent prayer and as you get to the 5th station, get a piece of paper and a colored pen. Prayerfully write the people, things and events you need to have healing from or need to let go of. You may use an extra sheet.

After writing them down and praying on them, fold the paper and approach a pail of water.

Dip the folded paper into the pail of water while you pray for the grace of healing and freedom. Allow your fingers to touch the water as you contemplate on this grace, and allow the sensation of the water to linger on your fingers.

When you're ready to may go back in silence to Station 6.

STATION 6: RESOLVE & HOPE

“Therefore, if any one is in Christ, he is a new creation; the old has passed away; behold, the new has come.”

2 Corinthians 5:17

STATION 6: RESOLVE & HOPE

PRAYER-ACT:

Dialogue with Jesus. Ask for the grace to respond to His call to renewal and for the grace for a hopeful resolution. In what ways is He inviting you to better yourself as a minister/ formator? Make a prayer of trust, that you entrust yourself, including your desire for renewal, to God.

Draw a symbol that would represent your desire to become a better person.

Continue to be in silence while the rest of the participants finish the stations.