



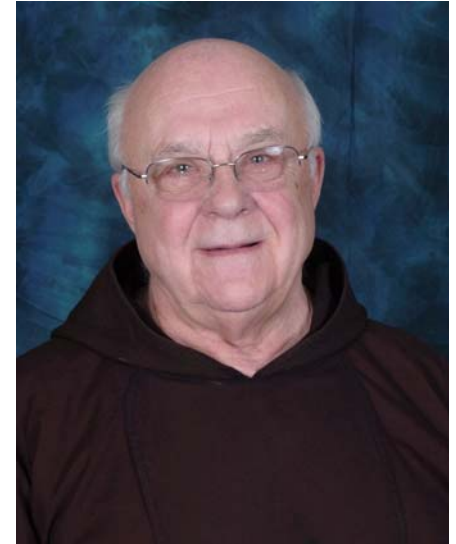
24 August 2010, #252

“Did You See God Today?”

By Jerry Higgins, O.F.M Capuchin

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I propose a question, “What is the last thing we do each day?” Maybe the last thing is brush our teeth. Maybe we end it with prayer. Remembering a childhood prayer: “Now I lay me down to sleep, I pray the Lord my soul to keep, If I should die before I wake, I pray the Lord my soul to take.” As a spiritual director I have suggested prayerfully reflecting on the day to close it off just before going to bed or going to sleep. It is a practice of mindfulness as a conscious way of coming in touch with the present moment. I will ask my student directees sometimes, “Did you see God today?” Actually it is pretty difficult to think of God in our busy days but it is possible to reflect on our day and discover the small signs of God’s presence hidden in the cracks of our lives. We can call this an “Examen of Consciousness.” There are several steps involved.



Examen of Consciousness

1. Relax and take note of your breathing. When we inhale, we breathe in the Spirit of Peace and when we exhale, we offer back the Spirit to all humanity. Open the mind and heart to God. Ask the Holy Spirit to show you where God has been for you in the day just past.
2. Allow (not force) the events of your day to surface in your consciousness. Stay with those experiences that touched you deeply. How did you respond to them? It is in these events, which moved you; that most of you can now listen to God’s word and see where you were being drawn to a deeper or more compassionate response to life.
3. A simple prayer of contrition for things that did not go well. A thankful prayer for those that did.
4. A hope filled resolution for the day to come

Vocation Update

5. A simple thanks to God for what has been discovered, whether it be an awareness of your own gifts and qualities or a new direction in life or even a heightened sense of your own sinfulness and weakness which moves you to turn to God in sorrow and hope trusting in God's wonderful love that never changes. Time to turn out the light and sleep.

I give a card to my directees with this message, "God does not love you because you are good, you are good because God loves you."

Since Fr. Jerry Higgins made his final profession in 1951 and his ordination in 1955, he has been engaged in various forms of ministry - vocation director, high school teacher and coach, Marriage Encounter, director of candidates, pastor, and for fifteen years doing spiritual direction and formation classes at Sacred Heart School of Theology (a place of study for second career men interested in the priesthood). In 2004, he came back to St. Lawrence High School Seminary in Mt. Calvary, Wisconsin to be a spiritual director. He is also currently the chaplain for the Sisters of St. Agnes in nearby Fond du Lac. His educational journey has taken him to Marquette University in Milwaukee, the University of San Francisco, Catholic Theological Union in Chicago and summer sessions at St. Thomas University in St. Paul, St. John's University in Collegeville, and the Theological Seminary of the Twin Cities.



Next Event!

Renewal of Vows Ceremony and Postulant Welcoming

Sunday, August 29 2010

**St. Martin de Porres Parish, Milwaukee
3 PM Mass, 5PM Supper**

Discerners are welcome to attend! please contact:

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or visit www.CapuchinFranciscans.org

and click on <How to Begin>