

DIOCESE OF WILCANNIA-FORBES

INSIGHTS RELEVANT TO 'AUTHENTIC' LIFE - Stimulus material for discussion LESSONS FROM THE LONG PADDOCK



Process for unpacking stimulus material

Read through the *Insights relevant to 'authentic' life*. Allow time to absorb and process information and re-read if necessary. Reflect on the questions below and share thoughts with your group in relation to the stories you have heard during the online experience.

INSIGHTS RELEVANT TO 'AUTHENTIC' LIFE:

(Inspiration and words drawn from an assorted number of works by Sr Joan Chittister)

- ❖ Every moment of one's existence, one is growing into more or retreating into less.
 - ❖ Conversion is the call to think about how I go about being in the world.
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- ❖ The essence of struggle is the decision to become new rather than simply to become older.
 - ❖ Change provides the impetus to explore the other part of myself. Change is an invitation to see life differently now than I did before. A chance to discover that there is more than one way to be in the world.
 - ❖ There can be no growth without resistance.
 - ❖ Detachment teaches us to let go. Let go of unwavering answers. Let go of present achievements.
 - ❖ Nothing lasts. No single thing can consume our entire life's meaning.
 - ❖ In the end 'everything' is what can't be taken away, what cannot be lost.
 - ❖ Moral maturity requires us to choose truth over self-preservation, whatever the cost.
 - ❖ Courage is the capacity to stand our ground, to speak the truth. Courage is not an action, it is an attitude. Courage speaks up when silence is the key to social approval.
 - ❖ Now we must become who we really are, not who we have presented ourselves to be. A metamorphosis from the public self to the real self.
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- **Were there moments in the stories we have followed that help illustrate some of these truths?**
 - **What were those moments?**