

EOCCC Mid-Year Retreat

What Matters Least?

The Trivial

Turn to the person next to you and say what is the most troublesome, yet trivial thought, concern, and/or thing that consumes you unnecessarily.

Prudence

A person becomes prudent by learning to distinguish what is essential from what is non-essential, to set the right goals and to choose the best means of attaining them [1806, 1835]. The virtue of prudence directs all the other virtues. For prudence is the ability to recognize what is right. After all, someone who wants to lead a good life must know what the “good” is and recognize its worth.

Authentic vs. a “Pitch”



FOMO

In 2013 the word “FOMO” was officially added to the Oxford Dictionary. This clever acronym, which stands for fear of missing out, was coined to describe that anxious feeling that can arise when you feel there is a more exciting prospect that is happening elsewhere — and unfortunately, you’re not there.

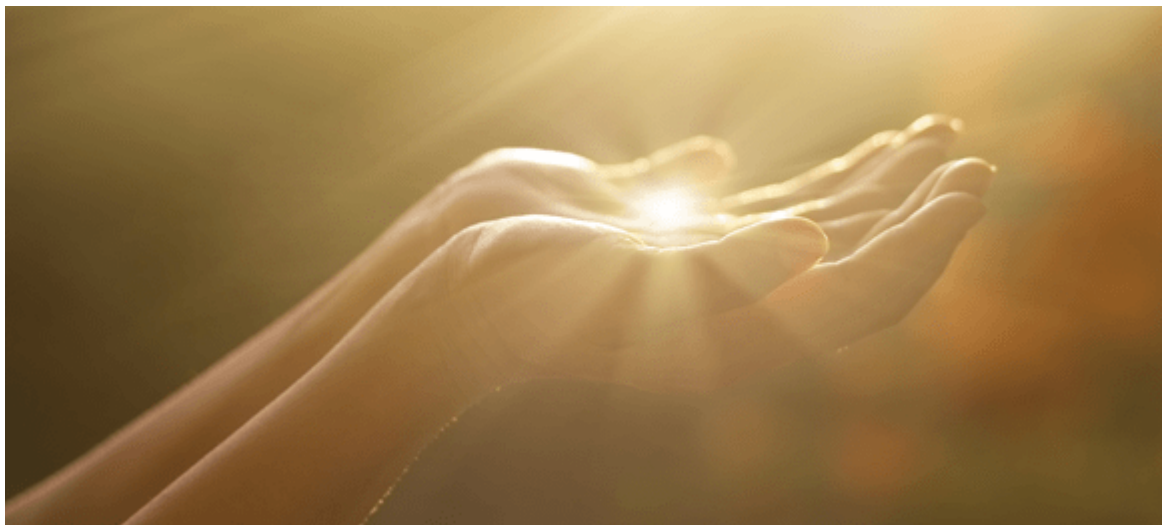
Clarity from Silence

Turn the distractions off. It provides the opportunity to listen.



Comfort in Faith

Practice the presence of God in our lives.



Unitask

Multitasking is a badge of honour for many. What are the benefits? Does it give you more time to re-create?

Saying No



Who Am I?

We are many things to many people, but who are who for yourself?

The Paradox

THINGS THAT
MATTER MOST MUST
NEVER BE AT
THE MERCY OF
THINGS THAT
MATTER LEAST.

—goethe—

Reflection Questions - Now is Your Time!

Matthew Kelly challenges with many questions to ask ourselves. I would like to propose 3 of these questions for reflection:

- 1) What was the most empowering decision you have made?
- 2) In what area of your life do you feel least empowered?
- 3) What needs to be on your NOT TO DO list this year?

Visio Divina

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Try to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so.

Now, let your eyes gaze at the whole image. Take your time and look at every part of the photograph. See it all. Reflect on the image for a minute or so.



Consider the following questions:

What emotions does this image evoke in you?

What does the image stir up in you, bring forth in you?

Does this image lead you into an attitude of prayer? If so, let these prayers take form in you. Write them down if you desire.

Now, offer your prayers to God in a final time of silence.



Become
Rich
in what
matters
to GOD