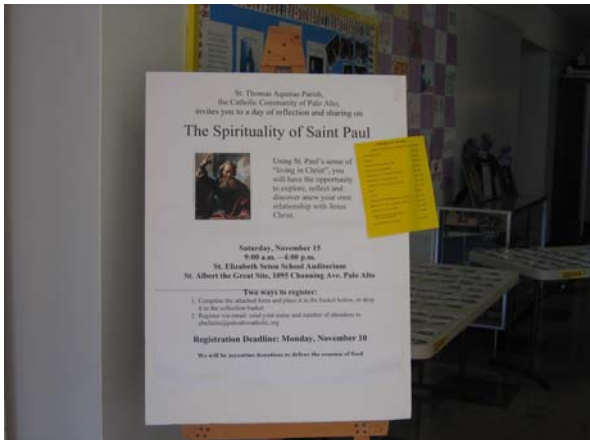


The Mystical Humanity of Christ, Inc.
and
Saint Thomas Aquinas Parish
The Catholic Faith Community of Palo Alto
“THE SPIRITUALITY OF SAINT PAUL”
SATURDAY, NOVEMBER 15, 2008

Our ministry is a full-time commitment to provide Parishes with retreats, missions, and spiritual motivation talks. We have conducted 60 retreats in Northern California, Southern California and Utah, and given numerous talks. As the word spreads we've been invited to other areas and are growing at a steady pace.

Having a day of reflection at [Saint Thomas Aquinas Parish](#) with over 80 parishioners was especially meaningful. Reflections focused on the spirituality of Saint Paul, living with a heightened awareness of the Indwelling presence of Jesus in the daily lives of the parishioners, and the unity we share in the Mystical Body of Christ. The day closed with parishioners blessing one another. Everyone was blessed by Father George with the relics of saints, and encouraged to live Eucharistic spirituality.



This statement from one parishioner sums up the general feeling of all who attended, *“Having a parish-wide retreat is a very new experience for Saint Thomas Aquinas Parish. Thank you for guiding us through the retreat and introducing us to a full-day of faith sharing with fellow parishioners. It was a great way to get to know more about the familiar faces we see at Church. Plus, I learned a lot about Saint Paul. Many thanks again.”*

We teach retreatants a daily prayer – a spiritual communion, **“Lord, I invite you to relive Your humanity – Your resurrected life – through me today.”** There is a strong sense of unity among parishioners participating in the Catholic Faith Community of Palo Alto. Thank you for inviting us to lead this faith sharing experience.

Michael McDevitt
Robert Bussell, Ph.D.
Michael Huston

**Saint Thomas Aquinas
Catholic Faith Community of Palo Alto, California**

Feedback from Parishioners

Prayer – The Spirituality of Saint Paul

This prayer is a reminder that we are not simply the recipients of God's love but that we must actively invite Him to participate in our lives each day.

The prayer is powerful and inspiring.

This prayer is a wonderful way to bring Jesus with us in our journey in life.

“Spiritual Communion” is a prayer method I learned long ago but abandoned in the hurry and busyness of raising family and a job. I'm glad I am finding it again. I can do it anytime – at home, in church, in the car. It draws me closer to Jesus and elevates mere living to prayerfulness.

It really challenges me. If I am reliving His life and to be continuing His work then there is no time for petty concerns and I better make each remaining minute count.



This way of prayer is powerful. I really hadn't thought of the honor of living Christ's humanity and the power of His resurrected life and all that it contains – wow!

I think this way of prayer is an excellent way of reminding me that my life and Christ's life are inseparable.

Wonderful! I am a Eucharistic Minister at the local hospital and will use this prayer with patients who are not able to physically receive communion on a given day. We are taught to offer them “spiritual communion” and we will say this prayer.

I like the idea of inviting Jesus into my “temple” everyday and will be especially seeking those miracles we so often miss in our lives and in the world around us.

Excellent – inviting God in makes Him part of my actions relieves me of some stress.

The most meaningful part of the day was to accept our body as The “Temple of God,” so we are children of God. I think it is a wonderful way to be in, within, with Christ.



I especially do not care for these group discussions, but this was different and I found it quite meaningful. Also it was good having Father George here with us as one of us instead.

Hopefully it (the retreat) will have a lasting impact and my “temple,” which is under construction, will soon be a better place for Jesus to open his eyes in.

The words of Saint Paul to encourage the faint hearted, and the words of the blessing concerning “the wishes of your soul,” impacted me.

Community

This day showed again the strength of God’s grace and love as it flows through our fellow human being to us and from us to them. We are a community that must live, love and follow God’s teachings together.



I have met and grown to love 5 people I did not know until today and who I will hold in my heart and prayers. I was truly blessed by them and loved hearing their insights. The Holy Spirit was here today.

This day was very inspirational and everyone seemed happy, including me. There was a lot of unity on this day. The Mass in Saint Albert Church was very moving. I wish there had been more people to enjoy this experience.

I got to talk and listen to parishioners I had not met before. I enjoyed the interaction with the people at my table, hearing their insights and observations. They were most uplifting.

The workbook is a great tool and having us discuss the reading amongst ourselves. It was not only insightful, but helped build community.

I particularly liked the audience interaction. The questions in the book were thought provoking. The retreat helped me understand how different people view their faith.

Faith Sharing

Faith sharing is always powerful. This session has certainly added to my life in a positive way.



Well directed. I liked the way it flowed – each part building from the preceding part. There was depth and wisdom in our sharing, plus getting to know table companions in whole new ways.

The sharing of reflections and thoughts was wonderful – I feel part of the community!

It is meaningful to me when a group comes together to focus on our common desire to seek God, and work out our daily lives with Jesus. The text and topics provided thought-provoking guidelines and the leaders were well organized.

Today I experienced the power of community.

Most Meaningful

It is hard to say what was most meaningful, but I especially appreciated the Mass being after we had already begun contemplating scripture, our individual and community responses. The responses to Gal 2:20 and 1 Cor 3:16 were especially inspiring, and then to participate in the community blessings was profoundly touching.

This day impacted me – it was a day away from the lay distractions; a day to concentrate on my spiritual well being and preparing to die – I have cancer. (unsigned)

It is very inspiring. It is a reminder that Jesus was human and fully understands the difficulty of living as a mortal being on Earth. And I like that it – the spirituality of Saint Paul – gives us the active role of inviting Christ to live again through us every day.

The Mass and the beautiful music and sharing the Gospel. It made me more aware of how much I am loved by Christ.

Blessing

It helped me to focus more directly on recognizing Christ's life in me, and it was a wonderful opportunity to make new connections and grow those connections in my faith community.



I felt really blessed to be in such a loving community. I was moved to tears by all the blessings I received. Right now I feel closer to Christ.

After the blessing of other participants, I realized that my blessing of others had much more meaning, and apparent validity, if I blessed with the thought that I am allowing Jesus to bless through me.

Coming together as community and the blessing of each other were the best! I will be using the blessing as frequently as I can – even if silently – for others.

There was a wonderful feeling of unity with blessing and receiving blessings.

This is a very powerful way to dedicate my life to Christ, which should not be taken lightly. I may feel inadequate or unworthy at times – who am I to represent Him to the world? On the other hand, if not I, who? God has no hands, but mine . . .



Thank You

Great format and questions, the groups of eight are great. Sharing with the larger group was so helpful! The humble, humorous, loving demeanors of the leaders, Michael and Rob, were great! So much grace in today – Thank You!



Thank you so much! Thanks to those who planned it and the delicious food too!

The lunch, the blessings, the sharing, the entire day – Thank You! Gratias!

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