

Lee Abbey Retreat

## Crossing an unknown sea

### Reflection 1: 'Come Away' – faith seeking rest



*Each reflection begins with this prayer of turning away and towards – to help us settle and focus.*

*For any who would like more guidance the website has a handout 'A simple guide to a short time of prayer'*

|   |                    |
|---|--------------------|
| From the usual routines of this day   | - I turn to Christ |
| From the unfinished tasks in heart, mind and life                                     | - I turn to Christ |
| From particular burdens and demands   | - I turn to Christ |
| From even the necessary ministries, roles, responsibilities and tasks of the moment   | - I turn to Christ |
| From whatever may rob of us of a watchful, receptive and attentive heart at this time | - I turn to Christ |
| In my conversations, thoughts and encounters with others this day                     | - I turn to Christ |
| Simply as your disciple, as your follower, this day, as every day                     | - I turn to Christ |

#### **Meditation**

Oh the deep, deep love of Jesus  
Vast, unmeasured, boundless, free  
Rolling as a mighty ocean  
In its fullness over me  
Underneath me, all around me  
Is the current of your love  
Leading onward, leading homeward  
To your glorious rest above

Oh, the deep, deep love of Jesus  
'Tis heaven of heavens to me  
And it lifts me up to glory  
For it lifts me up to thee  
Oh, the deep, deep love of Jesus  
Spread his praise from shore to shore  
How he loves us, ever loves us,  
Changes never, nevermore

Oh the deep, deep love of Jesus  
Set my sail from harbour bar  
All in time and space sustaining,  
Nearest shore to farthest star  
Storms and fears calm at his bidding,  
wind and waves will cease their roar.  
All is held in love's re-making,  
guided safe to farthest shore.

by Trevor Francis. vs 3 David Runcorn

**Reading:** 'The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves 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 deserted place by themselves. Now many saw

them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them'. Mk 6.30-33

## **Notes ....**

### **It's been a busy time ....**

The disciples are reporting back to the one who sent them.

'How did it go?'

And how is it going for you?

### **The story**

'Many'

'Come away'.

'A deserted place'

'By yourselves'/'by themselves'

Coping with 'them'.

Where is your 'desert'?

## **Reflection**

'By yourself'

What are you like when you are alone?

Who are you when there is no one else to see you?

What do you do when no one requires you to do *anything*?

What is your relationship with yourself?

Even communities need a way of being 'by themselves' that is not just defined by the 'many' shared task and projects, however worthy.

Becoming present

On being alone - in lockdown?

On being able to say 'Here I am'. 'Here we are'.

The one task - to trust Jesus.

Prayer has far more to do with what God wants to do in us than with our trying to reach him, achieve or feel something.

Suspend all that ... all your own measures of what it should be like if we are doing it 'right'.

Saying hullo to here. (see Pdraig o Tuama. *In the shelter – finding a home in the world*).

Building the reflex of being present.

Who, or what, do you need to greet today? Hullo to ....

**Finally** - it was a *failed* retreat! (It always is).

'The crowds' *always* arrive in the stillness at some point.  
Spiritual life never happens in ideal circumstances.

Retreats are not an escape from anything.  
They are places where we seek to engage with life and faith at a deeper level – with Jesus.

The Lord is here.

### **Suggested prayers and reflection**

Lord thank you to inviting me to come away for a time.  
Thank you for understanding our need to rest and get away.  
Thank you understanding what this retreat involves for me - the things I will find easy or hard.  
Stay with me as I seek to be still, as I rest, or think or pray ....

Like the disciples take some time to simply talk to Jesus – tell him what life has been like for you and the things you have been doing.  
He wants to know. He cares about you.

For those who would find it a help see the handout on the website:  
*Learning to be present – a practical guide*

A prayer of invitation and challenge

Pilgrim:  
when your ship,  
long moored in harbour,  
gives the illusion  
of being a house;  
when your ship  
begins to put down roots  
in the stagnant water by the quay:  
put out to sea!  
save your boat's journeying soul  
and your own pilgrim soul,  
cost what it may.

Dom Helder Camara

\* The picture on the handouts are Jake Lever's from his project 'Do the little things' - [www.leverarts.org/do-the-little-things](http://www.leverarts.org/do-the-little-things). The picture is used with his kind permission.

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