

LIFT UP YOUR HEART

BEGINS MONDAY, FEBRUARY 19

7:00 to 7:30 p.m. in the Chapel

"Lift Up Your Heart" a ten-day personal retreat using the book written by Fr. John Burns by the same title. It is based upon the "Introduction to the Devout Life" by St Francis de Sales, one of the timeless classics of Christian spirituality. Led by Deacon Ron Fly, participants will meet to reflect for just 30 minutes per day Monday through Thursday, beginning Monday, February 19 and ending Tuesday, March 6.

The book is available in the parish office for \$10, it will also be available for purchase after Masses the weekend of February 17 & 18. Please see frequently asked questions below. For additional information, email program leader Deacon Ron Fly at rfly@tampabay.rr.com.

LIFT UP YOUR HEART Q & A

How is Lift Up Your Heart structured? How long does it take?

Each day of the retreat you will read one of the meditations and the Focus for the Day's Prayer, approximately 12-15 pages per day. Thirty minutes should be enough time for most people to read, reflect and pray the meditation.

We are offering this ten-day program at Christ the King on the following schedule, 7:00 to 7:30 p.m. in the chapel.

February 19 - 22 (Mon - Thu)

February 26 - March 1 (Mon - Thu)

March 5 - 6 (Mon - Tue)

The Blessed Sacrament will be exposed during this time. You may come earlier and/or stay longer if you like, the chapel is open 7:30 a.m. to 9:00 p.m. on weekdays.

Will there be any talks or presentations?

No. The only "talking" will be between you and God.

If there are not any presentations, why are we gathering at the chapel?

There are several reasons:

- We are a community of faith and there is grace associated with gathering for prayer, even if the prayer is "private". Your presence is a blessing to everyone there, and they are a blessing to you.
- This is an opportunity to spiritually join ourselves to Christ who is physically present with us in the Blessed Sacrament.
- This is a way (not the only way) that we can do something spiritually "positive" during Lent to grow closer to God and align ourselves and our lives more closely to His will for us.
- There is a sacrificial aspect to committing to ten evenings of prayer in the chapel. This spiritual discipline can help us more fully prepare for Holy Week and Easter (and the rest of the year).

LIFT UP YOUR HEART Q & A, CONTINUED

What are the ten meditations about?

Great question! They start with “Creation” and progress through to the “Choice a Soul Makes of a Devout Life.”

1. On Our Creation
2. On the End for Which We Were Created
3. On God’s Benefactions
4. On Sin
5. On Death
6. On Judgment
7. On Hell
8. On Paradise
9. The Election and Choice of Heaven
10. The Election and Choice the Soul Makes of a Devout Life

We have children and with their school schedules, work and other commitments we can’t make 7:00-7:30 in the chapel, any suggestions?

Yes. It’s difficult to accommodate all the different situation with a “fixed” answer, here are a few possibilities:

- Start your day thirty minutes early and do your reflection then. You’ll have the added bonus of being able to reflect on it during those sporadic moments or relative quiet during the day.
- Plan to do your reflection in the evening after the business of the day has subsided. Each home has a time at which it “gets quiet”. Schedule your reflections then.
- Based upon your family situation it may be possible to include the children in the meditations. Perhaps you could discuss the meditation in an age appropriate way at dinner or after their homework is done.

I have a family member or friend who can’t drive/has mobility issues, is Lift Up Your Heart available for them?

Absolutely! And thank you for thinking about them (loving your neighbor).

- If it is a transportation issue offer to drive them.
- If they are homebound you can offer to do the meditations with them in their home ... bring the grace of a community in prayer to them! “For where two or three are gathered in my name, there I am in the midst of them” Mt 18:20.

For additional information about this program, email Deacon Ron Fly at rfly@tampabay.rr.com.