

Deacon Retreat 2021 – Transforming the Grieving Heart

Theme

- What blocks Mercy?
- How do we cultivate Mercy in our daily lives?
- We are in a crisis of Mercy and Compassion which has become a Spiritual Crisis.

Mercy and Compassion are cultivated.

It consists of entering into the chaos of another without becoming them.

Characteristics of the Issue

- People are stuck in Vengeance versus Forgiveness.
- People are filled with Anxiety which drains their emotional strength.
- Anger-In must have Anger-Out. The Out part can be constructive or destructive.
- If we possess anger we project anger.
- Anger -> Emotion -> Energy.
- Anger is authentic.
- Anger blocks the Left Temporal Lobe and is expressed in the Right Temporal Lobe.
- Below behavior is pain.
- Our emotional strength must be understood as having things that drain strength and things that sustain strength.
- Emotional Overload is hurtful to self and to others. Everyone in proximity is harmed by emotional overload.
- There is no credit line for emotions. It will come from a deficit or surplus.
- Emotions are a messenger.
- Emotions are tightly integrated with Body and Spirit. There is NO separation.
- We either suppress or express. One is delayed the other comes now or later and in any form.
- Getting angry is not the same as staying angry.
- Major emotions in discussion were: Shame, Anger, Fear and Sadness.
- There are only two types of people without emotions: psychopaths and the dead.
- We must not be stuck in the **Cartoon World (see definitions)**.

Father Gabriel used select writing of Saint Teresa of Avila, Saint Francis of Assisi, St Augustine, and Saint Ignatius of Antioch. I am using her and him randomly. I did not get down the books he recommended.

Using the core values of **understanding** and **validation** you can help him/her with his/her brokenness. Understanding comes from listening. Validation comes from accepting her thoughts and feelings as her perspective and her understanding.

You don't own or are responsible for her situation and feelings. Only understanding and validating.

- **People need to be heard.**
- **People do not need to be fixed.**

She needs to know you 'hear her' you don't have to fix her.

A host is vulnerable to the grieving heart to be set free.

She has the need to be guided away from vengeance and toward forgiveness.

She is projecting on you unprocessed grief.

These are areas to explore with her. She will share.

Technique:

1. Listen/Observe
2. Validate
3. Explore options

We are either a HOST or a HOSTAGE.

Host*	Hostage
Being a Host is of the vulnerable Heart	Being a hostage is Shame and Ego centric
Host uses: Simplicity, patience and compassion	Hostage uses: leverage, advantage and pain relief
HOST 3 C's	HOSTAGE 3 C's
<ul style="list-style-type: none">• Connection	<ul style="list-style-type: none">• Compete
<ul style="list-style-type: none">• Collaboration	<ul style="list-style-type: none">• Compare
<ul style="list-style-type: none">• Compassion	<ul style="list-style-type: none">• Conflicting
<p>Returning to the present. In the center of each person is EGO and Spirit. The struggle is to allow the Spirit to be in control. We drift 67% of the time. So this is the work of intention, attention and aptitude.</p>	

***This table is useful to moderate ourselves and in the assistance of others.**

Saint Teresa of Avila

Prayer and self-knowledge:

1. To know self you must know God.
2. To know God you must know self

Five values of Saint Theresa of Avila:

1. Emotion in moderation.
2. Openness of the mind.
3. Living tougher.
4. Opening of the heart.
5. Self-awareness by examination – was I BUSY or was I FULFILLED today?

We have CORE VALUES.

Triggers BLOCK core values (See slides).

Saint Ignatius of Antioch

1. See God in everything with Agents or Messengers and our common humanity.
2. Start each day with gratitude (grateful, accepted, and received).
3. Give permission to human emotion (sad, anger, fear, frustration, compassion, Joy, happiness, peace, embarrassment, and vulnerability).
4. Choose impactful feature of the day to pray from/for.
5. Look forward to tomorrow.

Saint Augustine Funeral Mass for his mother, Monica.

(His hand pointing to the deceased)

She is no longer living where she is

(His hand moved over his heart)

But she is now living wherever I am.

The Five Things You Cannot Change

1. Everything changes or comes to an end.
2. Things never go according to plans.
3. Life is not fair.
4. Pain is a part of life.
5. People are not loving and loyal all the time.

The Five Wounds of Jesus (and us)

1. Betrayal
2. Abandonment
3. Humiliation
4. Rejection
5. Injustice

Jesus was not bashful in sharing his wounds with us.

We should not be bashful about sharing our wounds with one another.

The Five Regrets of the Dying

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

Sayings, Definitions and Acronyms

JOY – Jesus, Others, Yourself.

COFFEE - Christ Offers Forgiveness For Everyone Everywhere.

HOPE – Help One Person Evolve.

EGO – Edging God Out.

PAIN – Pay Attention to the Internal Now!

ADD – Appreciation Deficit Disorder.

Cartoon World – The world of *You Should, You Could, You Must*. It is the unrealistic, a cartoon of life. We must instead ourselves and our clients to be aligned with reality.

Pause to compose.

Keep moving forward.

“**Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig.**” —
Marcus Aurelius

Name It to Tame It.

Jesus takes us to one of two places:

1. **Valley** – which we might look up.
2. **Mountain Top** – which we might look down.

Forgiveness is learning to make peace when you don't get something you wanted in life.

Forgiveness is not reconciliation.

Our choices are simple: **vengeance** or **forgiveness**.

Feedback, dealing with:

1. Don't believe every praise said about you.
2. Don't take to heart every criticism said about you.
 - A. In the first instance, the praise will go to your head and close your mind to change.
 - B. In the second instance, the criticism will go to your heart and cause unnecessary pain.

In the end it is a matter of the Heart.

People will always manipulate you. Set clear boundaries.

It is NOT your fault. It IS your responsibility.

Guilt – regret for an action taken.

Shame – a sense of distortion of your self-image (image and likeness of God).

Intimacy – Into Me You See.

Coping:

1. **Positive** coping skills are approaching and encountering
2. **Negative** coping skills are avoidance and denial (short term OK, long term disaster replaced with aberrant behavior).

Jesus never used cartoon language (I am not exactly certain of this meaning) which means Jesus did not focus on the abstract idealized faith but a faith grounded on what is and what is needed. An example would be: **Setting our focus FROM prestige and Possession TO Purpose.**

External rewards are not FREEDOM.

Aggression –v- Assertion

- Aggressive is asserting ones desires without drawing boundaries.
- Assertive is expressing one's desires without aggression.

Emotional Temperature – knowing how HOT or COLD you are at this moment helps you to moderate, retreat to recover, or have a clear headed discussion.

Vulnerability is a strength.

Peace Keeper – is passive.

Peace Maker – is active.

Personal Habits of Father Ghanoum, PsyD

Morning

Before getting out of bed, Father outstretches his arms as like on the cross and prays:

Lord guide me this day.

(placing his hand over his heart)

Lord, Holy Spirit, enter my heart and guide me.

And when difficulties come, send me a guide to aid me through.

Remembering each day comes with:

1. Intention
2. Attention
3. Aptitude

Evening

Examination of conscience includes the following **Six Questions**.

Did I do my best to:

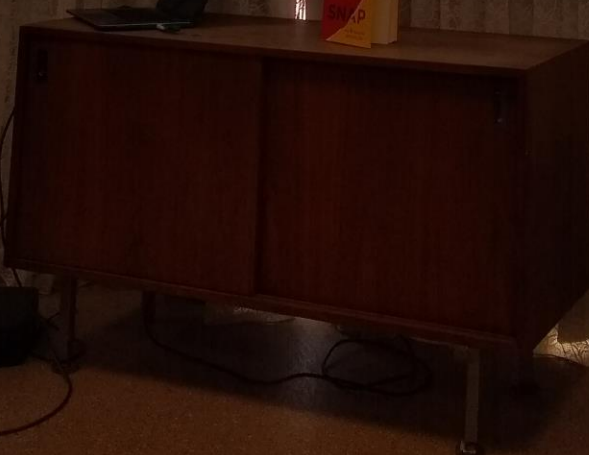
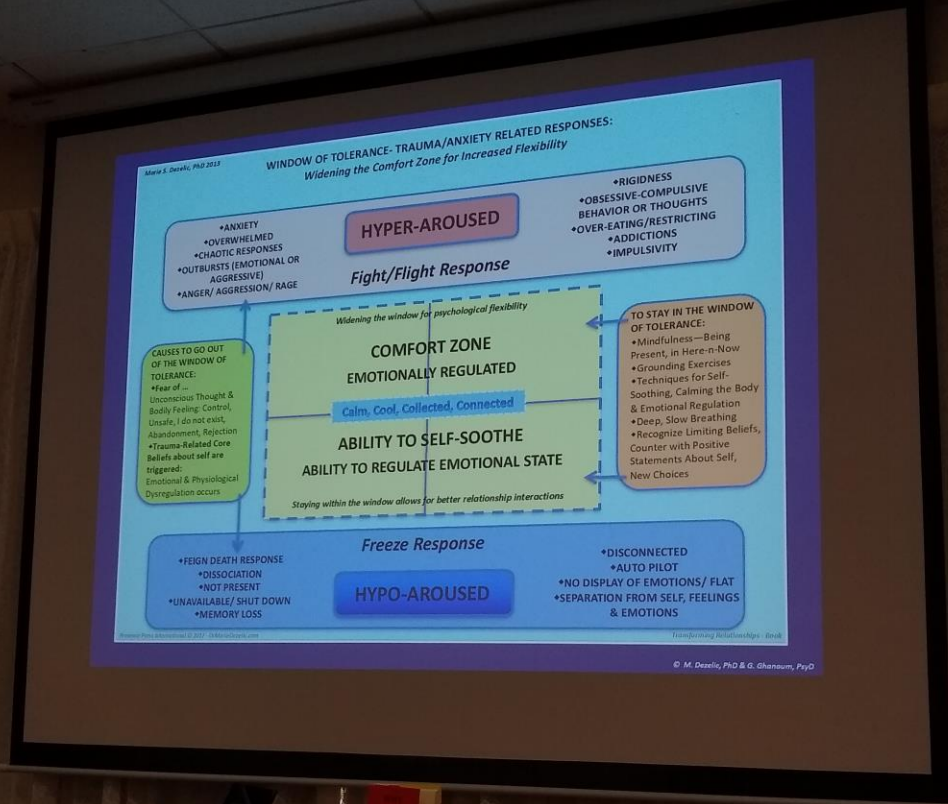
1. Set clear goals?
2. Achieve my goals?
3. Find meaning?
4. Be happy?
5. Fully engaged?
6. Build positive relationships?

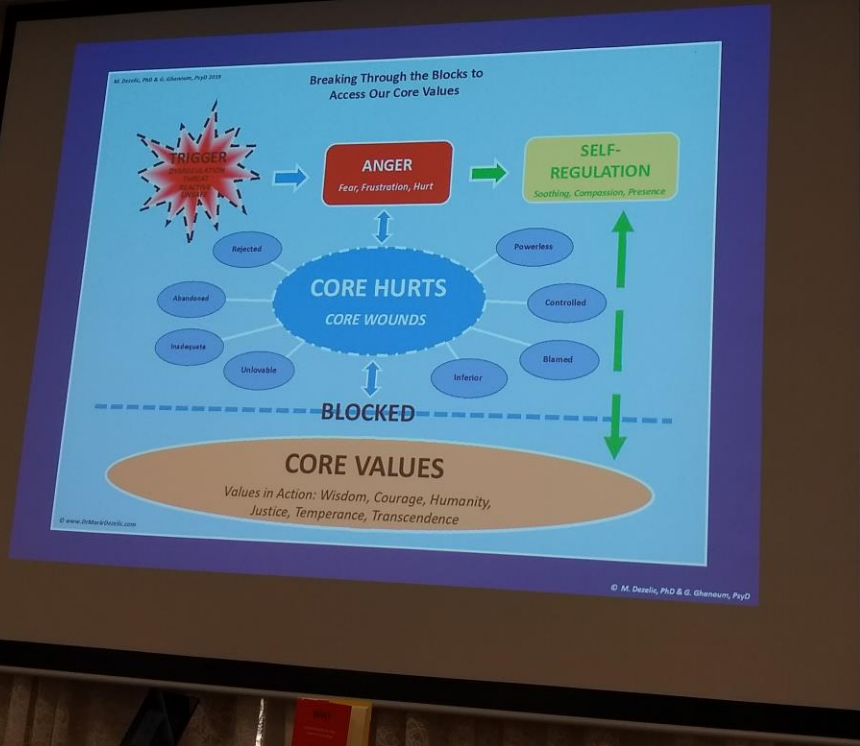
SLIDES (a few)

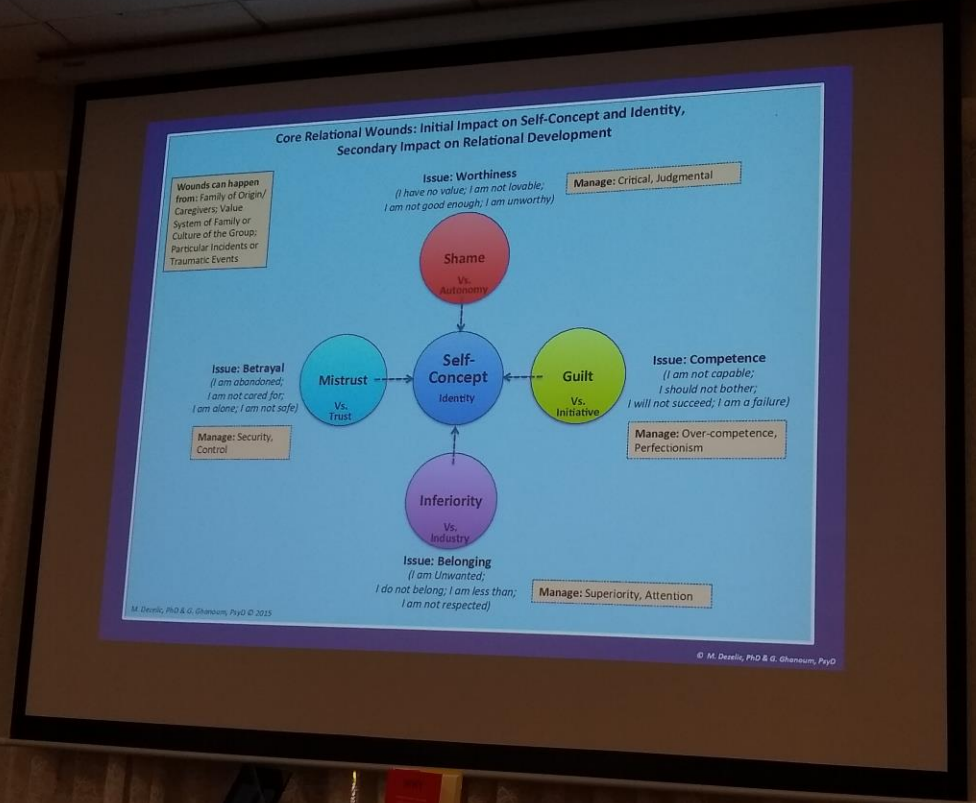


Objectives:

- “The Healing Equation”
- Uncovering Anger
- Identifying the Triggers
- Neurobiological Perspectives
- Anger Models
- Understanding Forgiveness
- Mercy and Compassion
- Anger Release in the Bible







L.I.F.E.M.O.R.T.S.

UNDERSTANDING THE NINE TRIGGERS OF RAGE



LIFE OR DEATH
Abuse, assault, or direct threats to one's physical safety in a life-or-death attack.



INSULT
Insults and taunts provoke rage.



FAMILY
Protecting family members against abuse or threat.



ENVIRONMENT
Protecting your own territory or home, which are basic necessities for survival.



HATE
Violence caused by abhorrence and personal malice.



ORDER IN SOCIETY
Organizational structure and its response to a perceived social injustice.



RESOURCES
Violence used to seek or obtain resources (money, valuable property) and to retaliate against those who deny them.



TRIBE
The highest honor humans have been divided by tribe, country, or religion, attacking and defending against one another.



STOPPED
Being (intentionally) interrupted, cornered or impeded plus being overpowered. The accompanying emotion is frustration.

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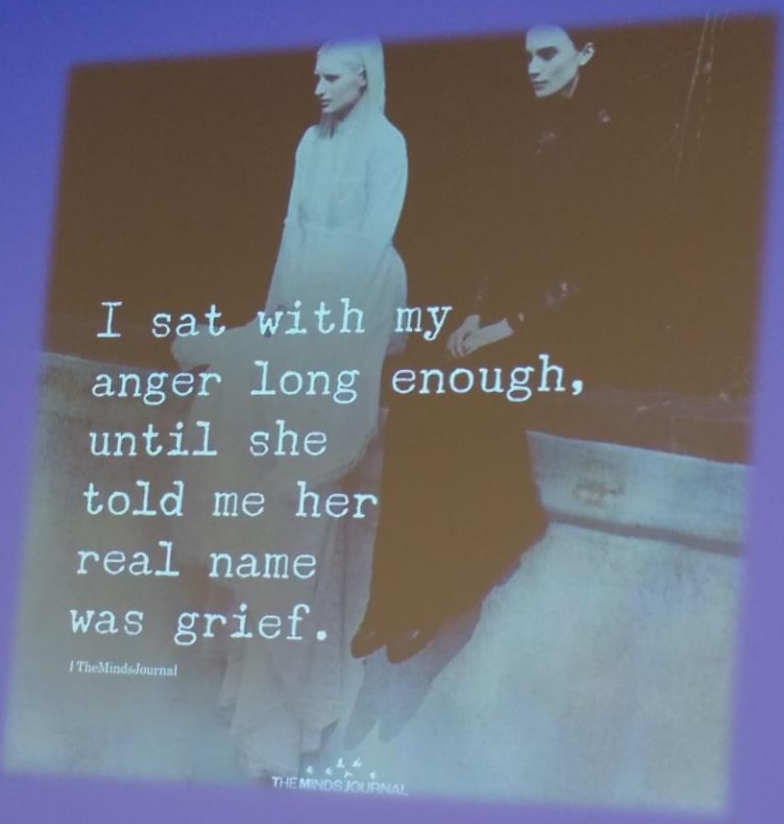
BENEATH EVERY BEHAVIOR THERE IS A FEELING. AND BENEATH EACH FEELING IS A NEED. AND WHEN WE MEET THAT NEED RATHER THAN FOCUS ON THE BEHAVIOR, WE BEGIN TO DEAL WITH THE CAUSE, NOT THE SYMPTOM.

ASHLEIGH WARNER



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I sat with my
anger long enough,
until she
told me her
real name
was grief.

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