

## "The Cave"

It's empty in the valley of your heart  
The sun, it rises slowly as you walk  
    Away from all the fears  
And all the faults you've left behind

The harvest left no food for you to eat  
You cannibal, you meat-eater, you see  
    But I have seen the same  
I know the shame in your defeat

    But I will hold on hope  
    And I won't let you choke  
On the noose around your neck

    And I'll find strength in pain  
    And I will change my ways  
I'll know my name as it's called again

'Cause I have other things to fill my time  
You take what is yours and I'll take mine  
    Now let me at the truth  
Which will refresh my broken mind

So tie me to a post and block my ears  
I can see widows and orphans through my  
    tears  
I know my call despite my faults  
And despite my growing fears

    But I will hold on hope  
    And I won't let you choke  
On the noose around your neck

    And I'll find strength in pain  
    And I will change my ways  
I'll know my name as it's called again

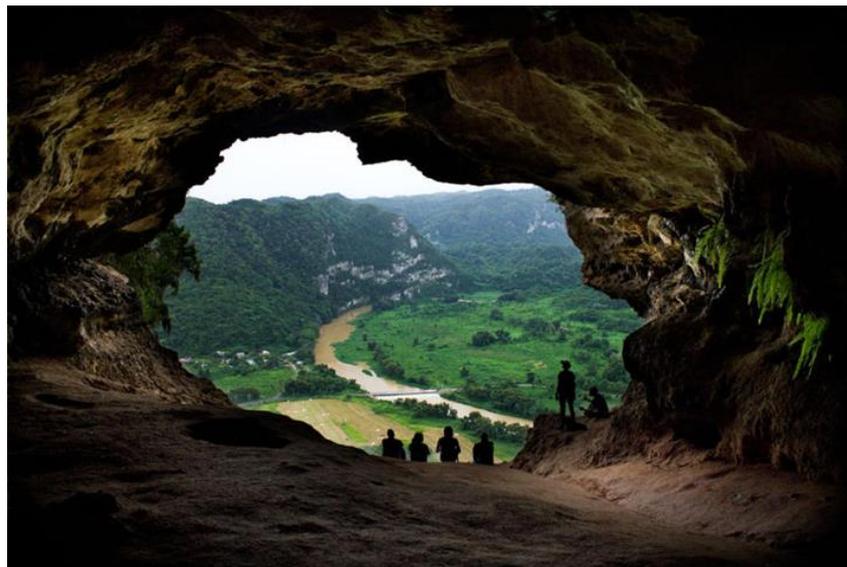
So come out of your cave walking on your  
    hands  
And see the world hanging upside down  
You can understand dependence  
When you know the maker's land

    So make your siren's call  
    And sing all you want  
I will not hear what you have to say

'Cause I need freedom now  
And I need to know how  
To live my life as it's meant to be

    And I will hold on hope  
    And I won't let you choke  
On the noose around your neck

    And I'll find strength in pain  
    And I will change my ways  
I'll know my name as it's called again



## Hungry

- ❖ Different types of hunger
  - Food, emotional, wanting attention, desiring understanding, physical; like a hug, etc.
- ✓ *How do I meet this need?*
  - Figure out what type of hunger you have and meet it in a legitimate, healthy way.
    - I'm hungry > eat a snack
    - I want a hug > ask someone for a hug

## Angry

- ❖ Nothing wrong with anger, yet learning how to express it constructively; basic communication skills
- ❖ Be careful it does not turn to resentment or bitterness
- ✓ *How do I meet this need?*
  - Acknowledge & understand why you are angry
  - Maybe take a timeout and get some distance to cool down
  - Talk to a person or the person who triggered the anger and resolve it in an appropriate manner
  - If needed, get a mediator to assist you
  - Forgive

## Lonely

- ❖ The need for connection and community
- ❖ Reach out and try not to isolate yourself
- ✓ *How do I meet this need?*
  - Share your need with a trusted friend or person on the team
  - Connect with someone in a way that you need to connect; i.e. conversation, connection, prayer, etc.

## Tired

- Physically, emotionally, psychologically, spiritually?
- ✓ *How do I meet this need?*
  - Take a nap!
  - Schedule some time for yourself & recharge

### Questions to ask:

- Is there one letter that affects me more than another?
- Do I understand what is going on inside me or my teammate? (Ongoing: pre-field and on field, etc.)
- How do I meet my need or the need of the other person?
- What can I do to prevent myself from becoming vulnerable?

### Pointers:

- Pray and ask the Lord for help
- Know your team; which letter is a person more susceptible than others?
- Know how to meet the need of your team or individual teammate when they fall into a particular letter
- Have an action plan for yourself when you become vulnerable

### Scriptures:

- Elijah Flees – 1 Kings 19:3-9
- Temptation of Jesus - Matthew 4:1-17
- Within marriage - 1 Corinthians 7:1-5

### **References:**

Chinn Street Counseling Center: H.A.L.T.: A Self-Care Tool  
[http://www.chinnstreetcounseling.com/zomerland/zomerland\\_11.shtml](http://www.chinnstreetcounseling.com/zomerland/zomerland_11.shtml)

## St. Ignatius Rules Concerning the Spiritual Life

**First Rule.** The first Rule: In the persons who go from mortal sin to mortal sin, the enemy is commonly used to propose to them apparent pleasures, making them imagine sensual delights and pleasures in order to hold them more and make them grow in their vices and sins. In these persons the good spirit uses the opposite method, pricking them and biting their consciences through the process of reason.



**Second Rule.** The second: In the persons who are going on intensely cleansing their sins and rising from good to better in the service of God our Lord, it is the method contrary to that in the first Rule, for then it is the way of the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on; and it is proper to the good to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well doing.



**Fr. Timothy Gallagher, SJ = Expert in Jesuit Spirituality**

\*16 Episodes (30 minutes each) on the Spiritual Life

<http://www.discerninghearts.com/catholic-podcasts/fr-timothy-gallagher-discernment-of-spirits/>

**More of Ignatius Rules of Discernment of Spirits**

<http://www.ewtn.com/series/shows/living-the-discerning-life/download/14rulesofIgnatius.pdf>

# Four Basic Forms of Prayer

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## Prayer of Blessing and Adoration

In this prayer we express praise and honor to God. We praise God for giving us life, for the wonder and beauty of our world, and for all the many blessings we enjoy. We open ourselves up to praise God for all the wonders of creation. This form of prayer encourages bodily expression, such as standing with arms raised or dancing.

## Prayer of Petition

This is probably the most familiar prayer form of prayer. We are often taught to ask God for the things we need, but asking and praying for them are not necessarily the same. When we pray our petitions, we are asking God, who loves us very much, for something that we believe is good—for ourselves or for others. By using this form of prayer we are mindful of the needs of others as well as of our own needs. We are aware that God wants us to bring our problems and worries to prayer knowing that he will always hear and answer those prayers. God may answer our prayers in a different way and in a different timeframe than we are seeking but God will always give us what we need.

Prayers of petition serve to remind us that God expects us to care for one another and for all his creation. We can pray about the ordinary experiences of life—for people who are sick, for someone who needs a job, for help in our school work, for a safe trip. We pray for peace in our families and in our world. We can also express our sorrow and contrition to God in our prayer.

## Prayer of Intercession

This form of prayer is prayer on behalf of others. This form of prayer can be a source of blessing upon others, the Church, and our world. Because we know that Our Lady and the saints intercede for us before God, the Church encourages us to pray to them for their intercession. Such prayer can bring us great strength and courage and also great peace of mind and heart.

## Prayer of Thanksgiving

This form of prayer helps us to be grateful for God's many blessings, spiritual and temporal, and helps us to recognize and appreciate all the good things God gives to us. Reserving some time to praise and thank God for his gifts—the gift of life; the gift of our families and friends; the gift of food, clothing, and shelter; and the numerous other gifts we often take for granted—helps us to form a true spirit of gratitude.