



Seeing with the Heart Retreat
St. Simon Catholic Parish, Los Altos, CA
Wednesday, March 6, 2024

Living with Depth

Caravaggio, *Madonna di Loreto* (1606, Sant'Agostino, Rome)
Tanner, *Annunciation* (1898, Philadelphia Museum of Art)

“For what fills and satisfies the soul consists, not in knowing much, but in our understanding the realities profoundly and in savoring them interiorly” (SpEx n.2).

“I will consider how God dwells in creatures; in the elements, giving them existence; in the plants, giving them life; in the animals, giving them sensation; in human beings, giving the intelligence; and finally, how in this way God dwells also in myself, giving me existence, life, sensation, and intelligence; and even further, making me his temple, since I am created as a likeness and image of the Divine Majesty” (SpEx n.235).

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- Pray with the Tanner and Caravaggio paintings. How are you moved when you pray with them? What thoughts and feelings and desires emerge? How does God meet YOU in the ordinary of your everyday life?
 - At this point in your life, consider how you are living with depth, or struggle to live with depth. Are you scuba diving or jet skiing these days? Where particularly are you called to live more deeply and meaningfully: in a particular relationship? In your work or other vocation? In your faith life?
 - “One sees clearly only with the heart. Anything essential is invisible to the eyes.” How does this wisdom from *The Little Prince* relate to your life? Can you recall an experience where “seeing with your heart” helped you to notice something or someone in a much deeper way?
 - Practice finding God in all things, paying attention to what is seemingly ordinary. “Wherever you turn your eyes, the world can shine like transfiguration. You don’t have to bring a thing to it except a little willingness to see. Only who could have the courage to see it?” (Marilynne Robinson, *Gilead*)
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“The final word is love.

At times it has been, in the words of Father Zossima, a harsh and dreadful thing, and our very faith in love has been tried by fire.

We cannot love God unless we love each other, and to love we must know each other. We know Him in the breaking of bread, and we know each other in the breaking of bread, and we are not alone any more.

Heaven is a banquet and life is a banquet, too, even with a crust, where there is companionship.

We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.”

From Dorothy Day, *The Long Loneliness*