

Rough notes of Fr Gerard Fieldhouse Byrne's input

1. How do we listen in a way that engages and helps us to grow in our priestly ministry?

- structure of our lives: especially in times of stress.
- ordinary routine of our lives built on our self-knowledge
- to engage actively – not just to feel forced – but to respond in a life-giving way.
- our prayer life is absolutely essential. Finding time, enabling the space to listen to the Lord is not always easy. A gradual decline with the life of prayer is connected to decline in priestly/human life.

Coming to his sense at last (Gospel of Luke) –

- Sacramental life: not just bringing life of Christ to the world – but also the participation in the sacramental life ... reception of all the grace that comes through the ministering itself.
 - To listen to voices different from our own ... to be stretched ... what is the other person saying
 - The way we minister has been challenged ... learn from the challenges of life ... learning from those who do not think in the same way as we do.
 - At times we need space for supportive therapy – someone who is not directly related to our ministry ... to be challenged and be held accountable. Having a safe space where we can be rigorously honest.
 - Listening to ourselves – God – others
 - Charisms
 - Quality of our basic human friendships. Humanity. The art of accompaniment, of journeying, of being with, being in the flesh
- What are the negative voices? Internal and external
 - Some voices are absolutely contrary to what we stand for. How do we relate to these?
 - Do we factor in the positive voices?
 - True listening is a skill. With a heart that is open/a mind that understands. How do we upskill ourselves? How might I upskill myself to truly listen?
 - What are the human qualities that we need to develop? Self-awareness and deep curiosity on knowing myself deeper ... to respond to God better.

2. Who are the voices/formative voices in your life – who should they be?

What is the mission and vision of the Church?

- To journeying together
- Role of fatherhood – how do we relate

How do we take care? – How do we enable mental health? – What are the support structures that help us to develop in our way of life?

Be attentive to diet – not only food but everything else.

Image of Emmaus

Life after the pandemic – 8 speeches of Pope Francis – interesting ideas about our lives

Where are the encouraging priestly voices?

3. How do we support our active life

- Important to make active decisions – for our good and for the good of our brother priests
- having a personal self-care plan.
- What do I need to put in place
- how am I investing in my family (brother) to bring life?
- Where do we share in our professional experience? Professional supervision – to share the wealth of experience. Support structures.

Springtime Institute – Gen Z post pandemic – 8 ways of responding

<https://www.springtideresearch.org/wp-content/uploads/2021/05/springtide-the-new-normal.pdf>

Spiritual accompaniment – how do we hold ourselves accountable on the spiritual level?

Life-giving pastoral plan – know what you are about.