

# Purpose Driven Catholic Life III

Community and Friendship – The Body of Christ

*I praise you, for I am fearfully and wonderfully made.*

Psalm 139:14

Intimacy = In to me see: Being your authentic self which involves sharing your inner self in detail and in depth as well as inviting others to do the same telling today's story.

Not limited to friendship and romance. Are relationships a top priority in my life?

The capacity to commit oneself to others in relationship that last over time, staying connected in the tough and anxious times. The best expression of love is time. What is my level of commitment in the parish?

Being able to maintain one's personal integrity and to meet the accompanying demands for change.

A challenge to deeper personal growth by calling us to risk, to be vulnerable and to confront those obstacles that keep us from opening ourselves to love and be loved. Do I have any relationships that need to be repaired?

It makes a difference to be remembered and remember. Do I treat fellow parishioners like they are family?

Embodiment\_ Attention – Appreciation – Acceptance: Diet, fitness, Exercise, Rest Substance Intake and Lifestyle.

Complete the sentence. If I grow in awareness of my life I will...

My most valued activity is...

What goal provided you with the most happiness?

Do you have more have-to's and want-to's in your day?

Think of your best teacher and reason why earned your admiration.

The belief that the Church is the People of God shows the connection with the Chosen People of the Covenant. The belief that the Church is the Body of Christ shows the intimate connection with Jesus Christ and with God's call to a

communal relationship to one another in Christ. The Church carries forward the mission of Christ.

Assess Your Body Image: Appreciate how your body has served you instead of picking it apart. Identify negative self-talk and replace with positive thoughts about yourself and others. List your positive qualities. Avoid what feeds into your anxieties, vulnerabilities and shame. Set realistic health and fitness goals. You are part of the Body of Christ and that encompasses your physical body which is good and never loses its dignity.

Qualities for an intimate relationship: Trust, safety/lack of fear, mutuality, empathy, acceptance, openness, availability, vulnerability, balance of power.

About yourself- who else knows it? Why not? Healthy self-esteem is based on honest self-appraisal. Complete the thought- Here is where I am at...and here is where I want to go...

Conflict is inevitable, always disruptive but it does not need to be destructive.

Intimacy is the flexible strength for being close to another; it expresses the ability to be close and yet still maintain a lively sense of oneself.

Remember that play has no winners or losers.

Do you hardly arrive and then have to go. To be present to others and to the moment is a gift to yourself and the other.

To avoid intimacy: always be pleasant, withdraw from conflict, always keep busy, never lose control, schedule your time and stick to it, and try to change others.

Women are better at talking about their inner world/life, feelings, and relationships. They are more likely to have an expressive style, empathy and tenderness.

Men are more friendly than intimate. Connect through social activity and specific roles and share about their outer world. They use fewer words and are awkward expressing verbal affection. They do for others rather than be with them.

Become intimate with yourself accepting your nuances. Face your aloneness, autonomy to take responsibility for ourselves rather than outsourcing our living to

others. Learn to listen and practice straight talk to communicate articulately. Choose intimacy and take your time at these human tasks.

Monday

<https://www.youtube.com/watch?v=DX2X57PL5U0>

Tuesday

<https://www.youtube.com/watch?v=bXi9QnNWZ9w>

Wednesday

<https://www.youtube.com/watch?v=05YB2jdHLsY>

Thursday

<https://www.youtube.com/watch?v=qdGkTdv4Dt4&list=PL60396574E0A0B9A2&index=2>

Friday

<https://www.youtube.com/watch?v=Qt32SyDWuW8&index=3&list=PL60396574E0A0B9A2>

Saturday

<https://www.youtube.com/watch?v=Wz5-vu6A58E&list=PL60396574E0A0B9A2&index=4>