



# Meditations for Spring Into Summer



# The Program



All are cordially invited. You can either attend in person every Thursday – 12:30-1:30 pm EST – June 9, 16, 23, and 30 at the **Church of the Epiphany**, 2nd Ave and 22nd St, New York City.

Or you can **take the recorded program online** on your own by clicking:

<https://www.demellospirituality.com/events/>

This program consists of four segments. Each segment includes:

1. A reading from the Gospel (pages 3 - 4 ).
2. A recording of a spiritual exercise conducted by Anthony De Mello followed by a 5-minute silent meditation that has been set to soft music.
3. A recording of a parables created by Anthony De Mello that follows the silent meditation.

# Readings from the Gospel

## Segment 1 - John 20: 19-23 Jesus Appears to the Disciples

<sup>19</sup> When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." <sup>20</sup> After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. <sup>21</sup> Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." <sup>22</sup> When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

## Segment 2 - John 16: 12-15 The Work of the Spirit

<sup>12</sup> "I still have many things to say to you, but you cannot bear them now. <sup>13</sup> When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. <sup>14</sup> He will glorify me, because he will take what is mine and declare it to you. <sup>15</sup> All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.

## Segment 3 - Luke 9: 11-17 Feeding the Five Thousand

<sup>11</sup> When the crowds found out about it, they followed him; and he welcomed them, and spoke to them about the kingdom of God, and healed those who needed to be cured. <sup>12</sup> The day was drawing to a close, and the twelve came to him and said, "Send the crowd away, so that they may go into the surrounding villages and countryside, to lodge and get provisions; for we are here in a deserted place." <sup>13</sup> But he said to them, "You give them something to eat." They said, "We have no more than five loaves and two fish—unless we are to go and buy food for all these people." <sup>14</sup> For there were about five thousand men. And he said to his disciples, "Make them sit down in groups of about fifty each." <sup>15</sup> They did so and made them all sit down. <sup>16</sup> And taking the five loaves and the two fish, he looked up to heaven, and blessed and broke them, and gave them to the disciples to set before the crowd. <sup>17</sup> And all ate and were filled. What was left over was gathered up, twelve baskets of broken pieces.

## 4 - Luke 9: 51-62 The Kingdom

<sup>51</sup> When the days for his being taken up were fulfilled, he resolutely determined to journey to Jerusalem, <sup>52</sup> and he sent messengers ahead of him. On the way they entered a Samaritan village to prepare for his reception there, <sup>53</sup> but they would not welcome him because the destination of his journey was Jerusalem.

<sup>54</sup> When the disciples James and John saw this they asked, "Lord, do you want us to call down fire from heaven to consume them?" <sup>55</sup> Jesus turned and rebuked them, <sup>56</sup> and they journeyed to another village. <sup>57</sup> As they were proceeding on their journey someone said to him, "I will follow you wherever you go." <sup>58</sup> Jesus answered him, "Foxes have dens and birds of the sky have nests, but the Son of Man has nowhere to rest his head." <sup>59</sup> And to another he said, "Follow me." But he replied, "[Lord,] let me go first and bury my father." <sup>60</sup> But he answered him, "Let the dead bury their dead. But you, go and proclaim the kingdom of God." <sup>61</sup> And another said, "I will follow you, Lord, but first let me say farewell to my family at home." <sup>62</sup> Jesus said to him, "No one who sets a hand to the plow and looks to what was left behind is fit for the kingdom of God."