



I saw Brother Paul Ho today, our first day of the intercapitular (iCap for short), and mentioned how I hadn't forgotten how a couple of years ago he told me about the app "Pray As You Go." It's a terrific source for daily prayer. He said there's a new app for the examen—trusting Paul, it will appeal to me. And keep me faithful to an end-of-the-day spiritual practice of enormous benefit. When sleep claims me before making examen, the day remains in spiritual memory as an unmade bed.

In a similar way, the intense efforts of the past four years to respond to the propositions that emerged out of the Spirit-filled upper room deserve our reflection. I like to think of this iCap as an examen. We are not only asking what happened, but going beneath the surface. At the surface are the propositions and the steps to implement the propositions. Layered beneath are the joys and fears, attractions and avoidances that go with those propositions. The iCap is an opportunity to examine the checklist and see what kind of grade we give ourselves at the District, Regional and international levels. But it's also a time to listen to our feelings and have a conversation with our Lord about them.

That's what I listened for today—the feelings behind the outlines and descriptions. Less what was done, what is being done, what couldn't be done, as important as that all is, but the feelings. Our General Chapter in 2014 was ambitious and audacious. We gave ourselves a lot to accomplish—how are we holding up? How are we feeling? What is the Lord telling us through those?

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