

# SPIRITUAL CARE FOR A BUSY EDUCATOR



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RELAN Seminar Series

# ABOUT US

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# SPIRITUAL CARE ASSUMPTIONS

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When you hear “Spiritual”  
what words or images  
come to mind?



# MYTH BUSTERS

- “It always involves “adding” something else to my already busy routine.”
- “It requires expertise” - others are good at it but not me”

# GOALS

1. Understanding the role of spirituality in our lives
2. What is distinctive about our Lasallian heritage?
3. Ways in which we can encounter ourselves, others and God.

“PREPARE A PATH FOR GOD SO THAT HE MAY  
ENTER YOUR HEART.”

*–John Baptist De La Salle*

# The Importance of Heart in Spirituality

“The prayer of the heart is a prayer that directs itself to God from the center of the person and thus affects the whole of our humanness.”

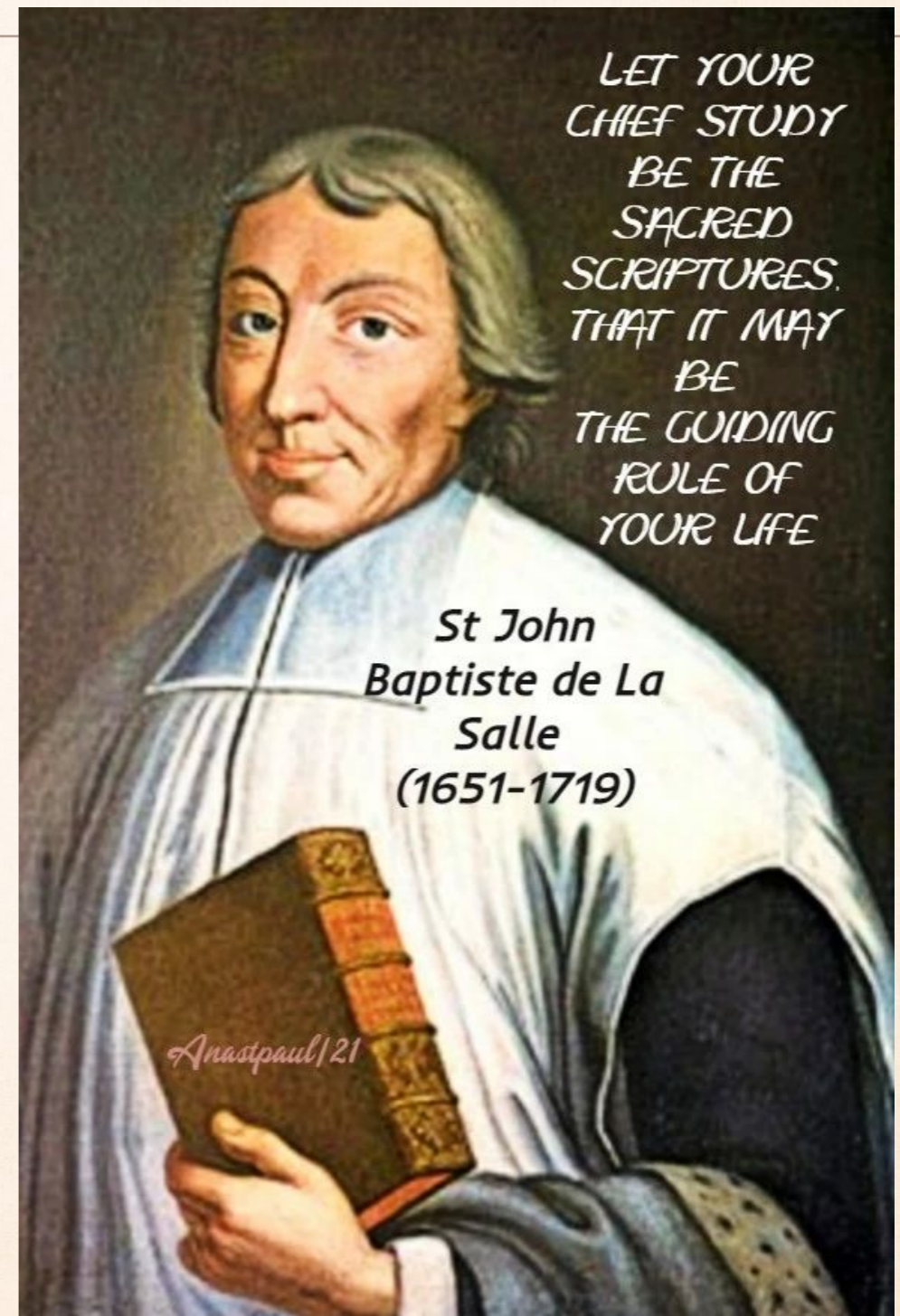
Henri J.M. Nouwen, *The Way of the Heart: The Spirituality of the Desert Fathers and Mothers*

*Live Jesus in our hearts...forever!*



# Our Spiritual Heritage

- Life experiences through the eyes of faith.
- The abiding Presence of God
- Our participation in the salvation of others - (*ambassadors, ministers, angels, good shepherds*)



LET YOUR  
CHIEF STUDY  
BE THE  
SACRED  
SCRIPTURES.  
THAT IT MAY  
BE  
THE GUIDING  
RULE OF  
YOUR LIFE

St John  
Baptiste de La  
Salle  
(1651-1719)

Anastpaul/21



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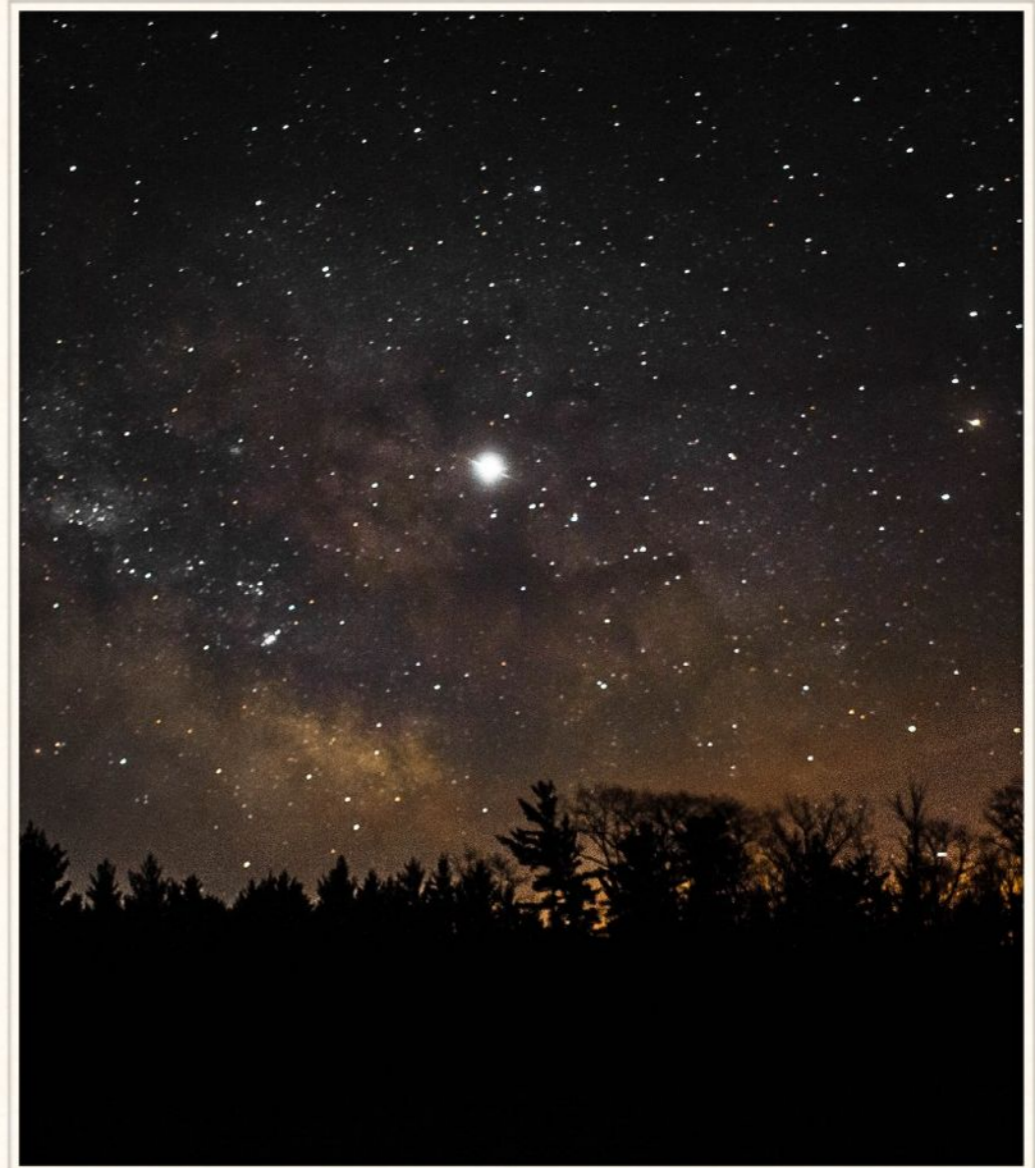
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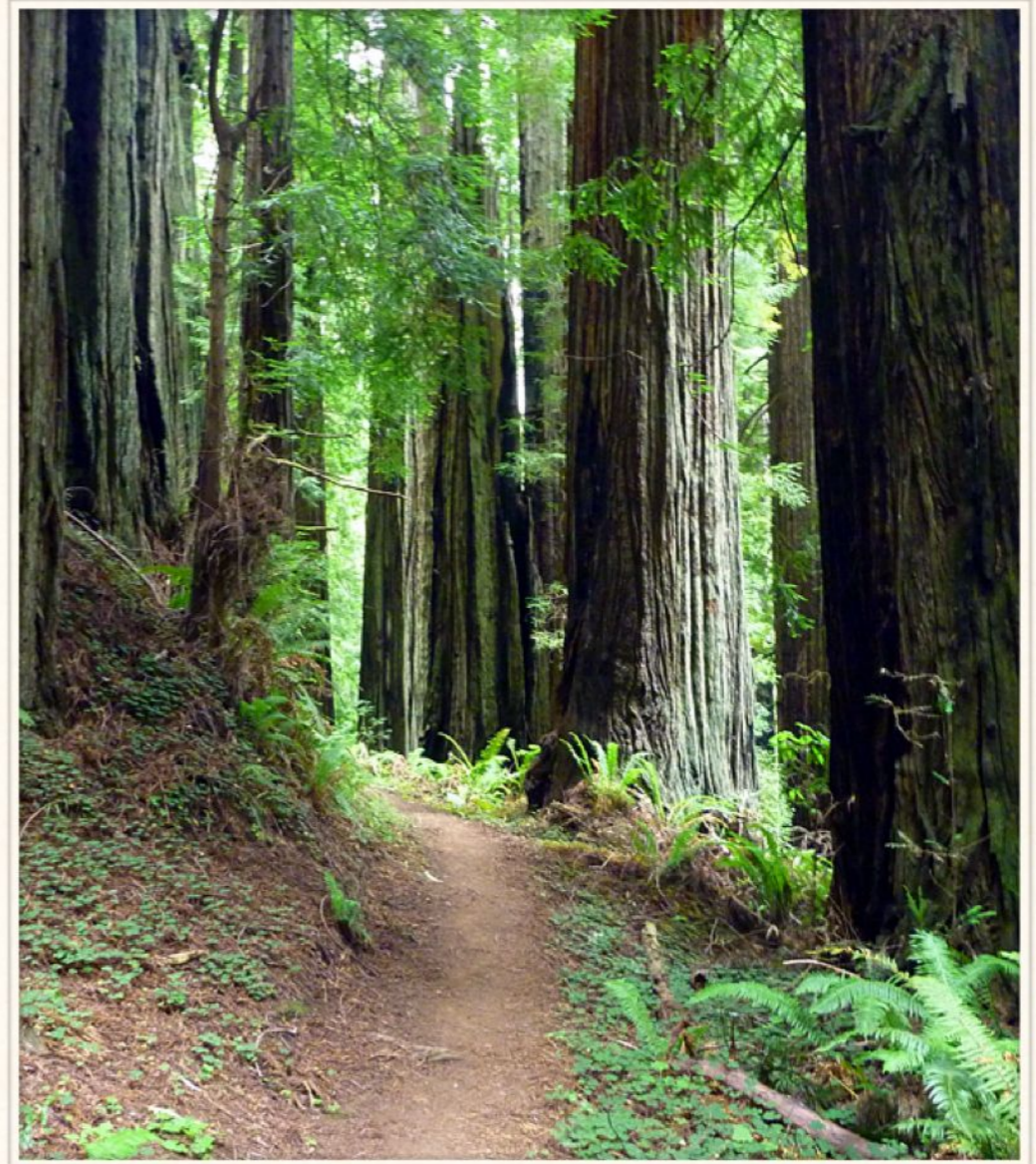
# PLANNING YOUR TRIP - THE GUIDE

- Finding your north star.  
*What is your why?*
- We need to know how God guides us in our journey...
- Who does God call us to be?
- Always discerning...



# PLANNING OUR TRIP - THE TRAIL

- Our trail is part what we choose but also what we face, our current realities.
- We need to be aware of our own realities to help guide us.



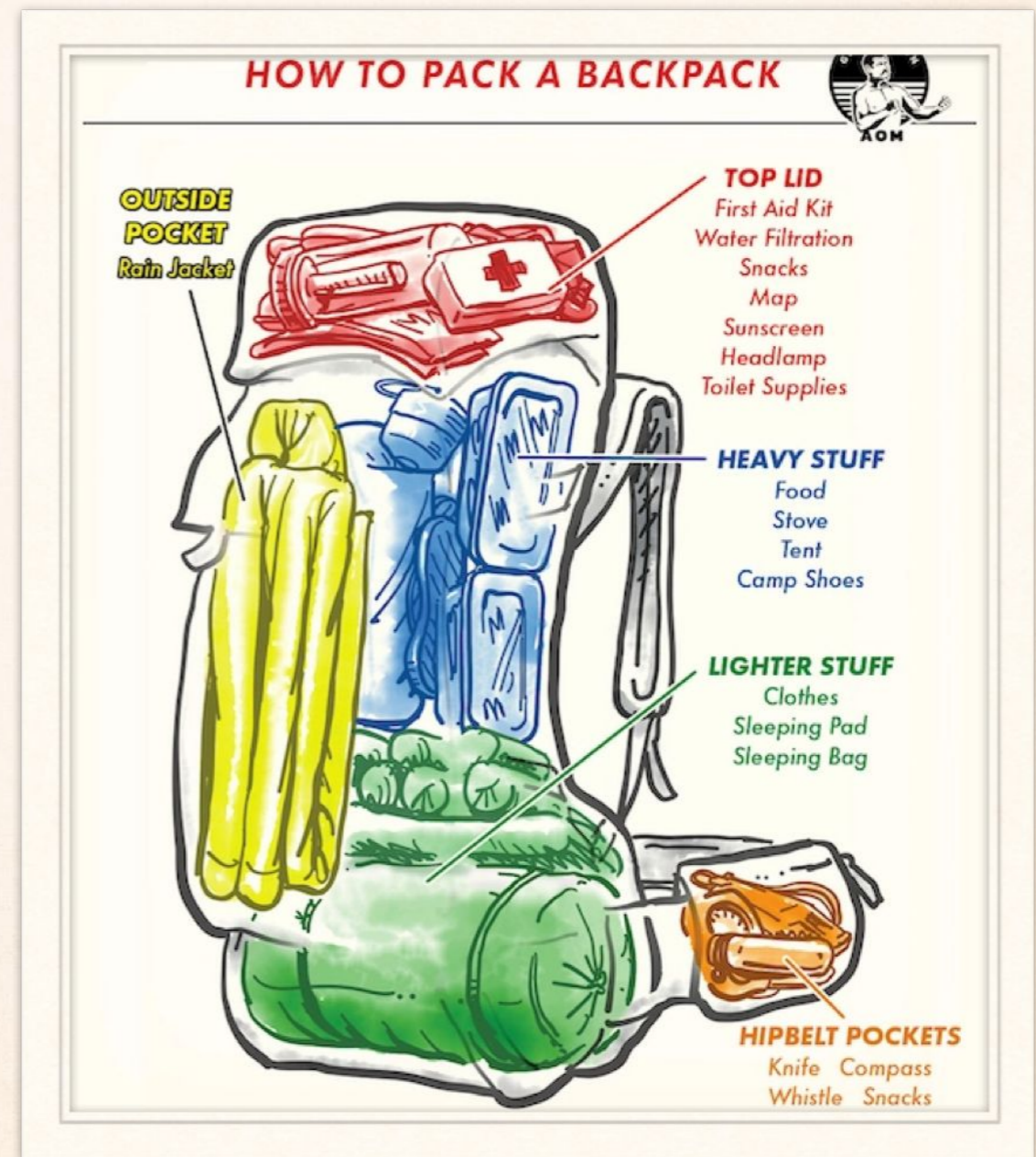
# OUR COMPASS

What do we need to do to  
“re-orient” ourselves to  
our star?



# PACKING FOR THE TRIP

- We need people, objects, and practices to help us on our trip.
- What things in your backpack are taking up room already and you need to empty?
- For each “spiritual space waster” come up with a reason to counteract it.



# PACKING OUR BACKPACK

What practices do  
you regularly  
engage in and  
why?

## Which of the following new practices do you engage in regularly?

*(Young people could select more than one answer.)*

Prayer



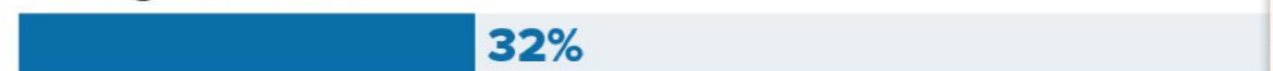
Meditation



Reading



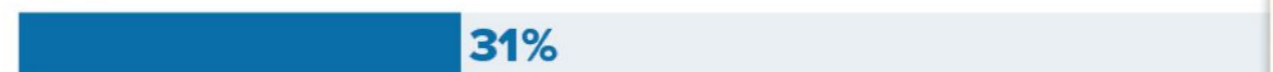
Being in nature



Yoga, martial arts, other physical activity



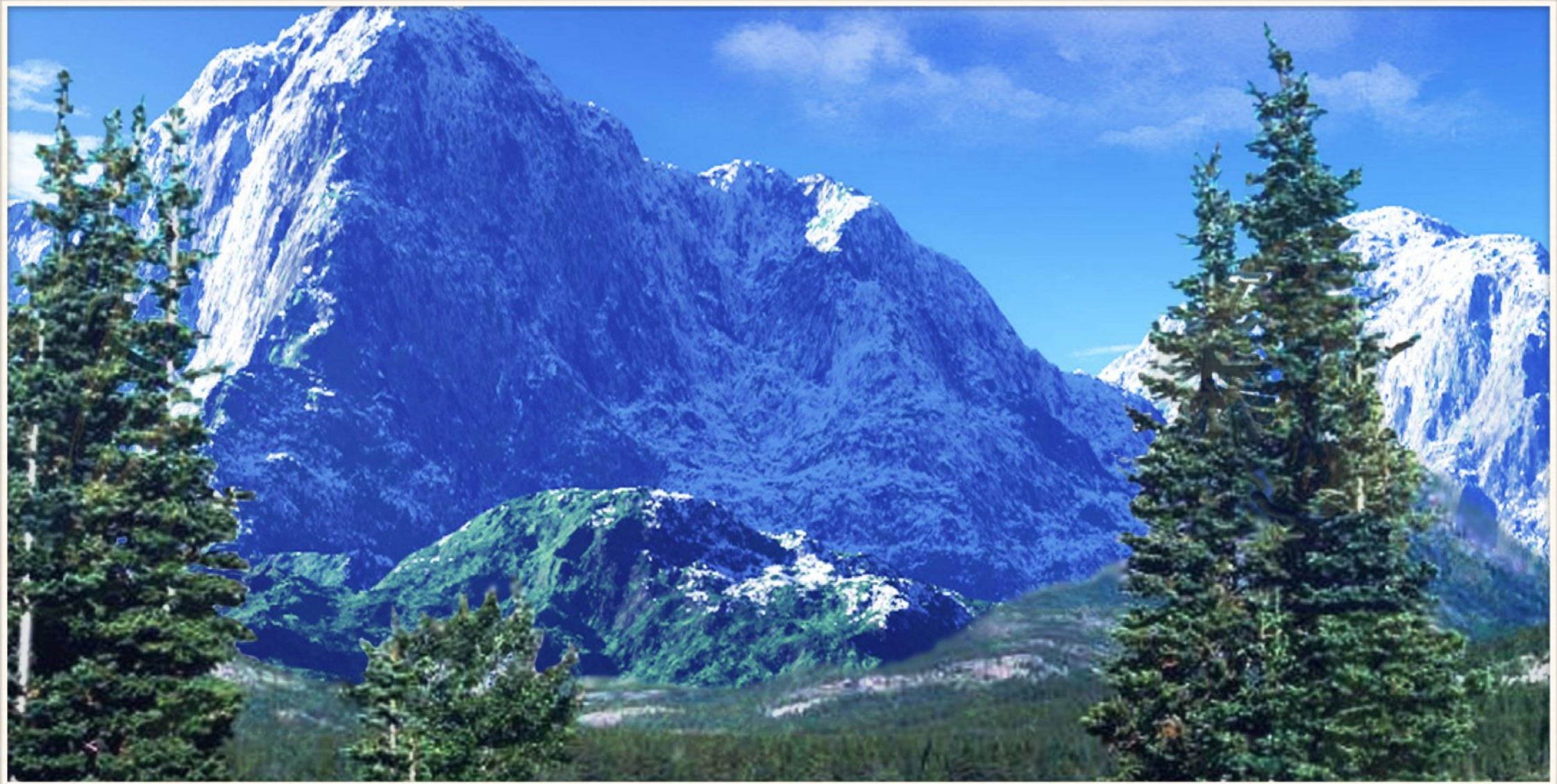
Art



*The New Normal, Updated & Expanded: 10 Ways to Care for Gen Z in a Post-Pandemic World*  
© 2022 Springtide. Cite, share, and join the conversation at [springtideresearch.org](https://springtideresearch.org).

# THE SITES AND STOPS

Ways to stop and connect on your journey - Prayer /  
Contemplation





# A Sample "EXAMEN": CPR

- **C = Claim your blessings** - Reflect on the good things that have gone today and God's presence in them.
- **P = Pinpoint victories and losses** - Taking a view of your actions, examine how you lived them. *Were you selfish in attitudes, words and actions? Were you generous with others?* Ask for God's strength to grow and thank God for his presence.
- **R = Renew** - your commitment to your faith and desire to grow more deeply in your faith. Make a specific resolution you can do tomorrow in a concrete way.



# SPIRITUAL APPS I USE

- **De La Daily** - A daily Lasallian prayer app
- **Laudate / Hallow-** a huge app with all sorts of prayers and reflections
- **Pray as You Go** - reflections on the readings of the day



“WHEREVER I GO I WILL FIND YOU, MY GOD”

*–John Baptist De La Salle*