A Journey of Transformation

Becoming a Compassionate Companion
Then the disciples returned home.

But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been.

And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus.

Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him."

Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher.

Jesus said to her, "Stop holding on to me, or I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'"

Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.
Then the disciples returned home.

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Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.
The Journey of Transformation

• **Definition:**
  – to undergo a change in form, appearance, or character; become transformed.

• **Areas of Possible Transformation**
  – Individual
  – Family
  – Community
# Four Questions of Transformation

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<tr>
<td>What I need to change in my life?</td>
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<td>What brings joy into my life?</td>
<td>Where can I be in service in my life?</td>
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Beyond the Biography of Jesus

The Journey of Quadrtos

Dr. Alexander Shaia

http://www.quadratos.com/quadratos/

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The Journey of Quadratos

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QUADRATOS IS...

• a new name for the ancient four-fold journey of spirit and transformation.

• At its most universal, the pattern of Quadratos is found in our experience of the four seasons and their cycle.

• Within Christianity, Quadratos provides a deeper understanding of Jesus the Christ and a new foundation for affirming early Christianity's choice of four gospels and the ancient - now restored - gospel reading sequence for Sunday worship.

• The four progressive paths of Quadratos correspond to the four gospels and the four great questions of the spiritual life.
The Four Gospels: More than History

• From -‘Old’ View of the Gospels
  – Historical life of Jesus
  – Written by 4 most accurate eyewitnesses

• To- Beyond a Biography
  – Text composed by ‘authors/teachers’ for a specific community
  – Each community faced an enormous question

• Questions:
  – Who was it written for?
  – Why was it written?
  – What can we learn?
The Four Gospels: More than History

• Each Gospel written for those who believed in:
  – Jesus the Christ
  – Jesus Lives

• Each evangelist/teacher:
  – Composed a ‘story’ about the dilemma they were facing
  – Set Jesus in the midst of the community's to answer a primary question

• 4 Dilemmas/questions:
  – Change
  – Suffering
  – Joy
  – Maturing in Service

• Early Christians got it right:
  – Right 4 Gospels
  – Right Sequence
FIRST PATH: Matthew
Across time and culture, people have felt a desire for permanence.

First Path ~ Matthew
Climbing the Great Mountain of Matthew

How do we face change?
Hearing the Summons
Shock, Uncertainty, Finally Yes

Autumn – West
Sunset to late evening
Year 1 or Year A
Angel (announces new journey)
FIRST PATH: Matthew
Across time and culture, people have felt a desire for permanence.

- Matthew writes to the Christian Jews of Antioch ~ 70 CE
- Emperor Vespasian destroys
  - The Temple
  - Jewish Priesthood
  - Jerusalem
- Jewish Leaders flee to Antioch to regroup & rebuild
- Theological rift develops between:
  - Apocalypse
  - Get back to the Law
  - Third Voice- “I have a family to feed-get back to me”
FIRST PATH: Matthew
Across time and culture, people have felt a desire for permanence.

Grace of this Gospel:
- Jewish Christians – Time to Change
- Jesus is leading us to a NEW Reality
- Inner Temple/Inner Priesthood
- God is with us
- God is not angry/did not cause the destruction
- Primary Intent= God is with us in moments of change
- New Journey with God
SECOND PATH: Mark
The second path is without a doubt the most agonizing of the four paths

Second Path ~ Mark

Crossing Mark’s Stormy Sea

How do we move through suffering?
Enduring all Obstacles
Strained by Opposites, Exhaustion, Lonely

Winter – North
Late evening to dawn
Year 2 or Year B
Lion (great strength)
SECOND PATH: Mark
The second path is without a doubt the most agonizing of the four paths

- 1\textsuperscript{st} of the Synoptic Gospels
- Placed 2\textsuperscript{nd} in the Canon
- Rome ~64CE
- Rome Burns 7 Days/ 7 Nights
- Emperor Nero needs a Scapegoat
  - Jewish Christians
- You believe in the Christ- You & your family die in the Circus Maximus
- Leadership of Paul/Peter Executed

\textbf{Second Path ~ Mark}
\textit{Crossing Mark’s Stormy Sea}

How do we move through suffering?
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Questions of this Gospel:

- Is this the end of the new faith?
- How do we move through these days of turmoil/ pain/isolation/ abandonment?

Grace of this Gospel:

- None of us can avoid this path
- Live through the painful/emotional moments
- Jesus & the Resurrection are our hope
THIRD PATH: John
In one electric, life-changing instant, it seems as though everything in us shifts and a blinding new reality enters.

Third Path ~ John / Revelation
Resting in John’s Glorious Garden

How do we receive joy?
Receiving the Boon
Ecstatic, Calm, Visionary

Springtime – East
Dawn to late morning
Lent to Pentecost – Every Year
Eagle (visionary sight)
THIRD PATH: John

In one electric, life-changing instant, it seems as though everything in us shifts and a blinding new reality enters.

- Last of the 4 Gospels/ 3rd in the Canon
- *Written in Ephesus* ~100CE
- Ephesus is an exceptional place
  - Jerusalem is destroyed
  - Rome Community is decimated
  - Antioch is struggling
  - Ephesus -Christians are thriving
- New Faith Community says to everyone:
  - All are from God
  - Regardless of your station in life
  - New Vision of the Human Family
    - One Source/ One God
THIRD PATH: John

In one electric, life-changing instant, it seems as though everything in us shifts and a blinding new reality enters.

- Grace of this Gospel
  - Each one of us is created from ‘God’s Breath’
  - Living Jesus the Christ
  - New inner Jerusalem of our heart where no matter there is a place waiting for you at the table
  - Ecstasy or Calm inner stillness
- Potential BUT we must work to receive
- Faith is Not mature yet

Third Path ~ John / Revelation

Resting in John’s Glorious Garden

How do we receive joy?
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FOURTH PATH: Luke
The fourth path makes it possible for all our childhood dreams - and our adult hopes and aspirations - to become realities.

Fourth Path ~ Luke / Acts
Walking Luke’s Road of Riches

How do we mature in service?
Returning to Community
Gratitude, Integration of Opposites,
Speak Truth w/Love

Summer – South
Late morning to sunset
Year 3 or Year C
Ox (perseverance)
FOURTH PATH: Luke

The fourth path makes it possible for all our childhood dreams - and our adult hopes and aspirations - to become realities.

- The text of the 4\textsuperscript{th} path:
  - We will go to the world seeking transformation;
  - We will do this NOT from a position of power BUT from love;
  - Willing accept injustice;
  - We speak softly & do not fear the hard work of transformation.
FOURTH PATH: Luke
The fourth path makes it possible for all our childhood dreams - and our adult hopes and aspirations - to become realities.

- Divorce between Judaism & Christianity
- New Religion is forming
- Threat to Rome & Existing Social Order
- Grace of this Gospel:
  - Responsibility to the Poor
  - All are welcome
  - Raises the Status of Women
- Leads to persecution by the Romans
- Jesus walks with us on the 4\textsuperscript{th} Path
  - Maturing in Service

Fourth Path ~ Luke /Acts
Walking Luke’s Road of Riches

How do we mature in service?
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Summer – South
Late morning to sunset
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Ox (perseverance)
While abhorring segregation, we shall love the segregationist. This is the only way to create the beloved community. To our most bitter opponents we say: "We shall match your capacity to inflict suffering by our capacity to endure suffering. We shall meet your physical force with soul force. Do to us what you will, and we shall continue to love you. We cannot in all good conscience obey your unjust laws because noncooperation with evil is as much a moral obligation as is cooperation with good. Throw us in jail and we shall still love you. Bomb our homes and threaten our children, and we shall still love you. Send your hooded perpetrators of violence into our community at the midnight hour and beat us and leave us half dead, and we shall still love you. But be ye assured that we will wear you down by our capacity to suffer. One day we shall win freedom but not only for ourselves. We shall so appeal to your heart and conscience that we shall win you in the process and our victory will be a double victory."
Quadratos Schema

**Third Path ~ John / Revelation**
*Resting in John’s Glorious Garden*

- How do we receive joy?
- *Receiving the Boon*
- Ecstatic, Calm, Visionary

**Fourth Path ~ Luke / Acts**
*Walking Luke’s Road of Riches*

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**Second Path ~ Mark**
*Crossing Mark’s Stormy Sea*

- How do we move through suffering?
- *Enduring all Obstacles*
- Strained by Opposites, Exhaustion, Lonely

**First Path ~ Matthew**
*Climbing the Great Mountain of Matthew*

- How do we face change?
- *Hearing the Summons*
- Shock, Uncertainty, Finally Yes

- *Winter – North*
- Late evening to dawn
- *Year 2 or Year B*
- Lion (great strength)

- *Autumn – West*
- Sunset to late evening
- *Year 1 or Year A*
- Angel (announces new journey)

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Path 1: Change - Mother Teresa

“[Mother Teresa] loved her cloistered life in Calcutta... In 1947 she traveled to Darjeeling to recuperate, or, as she recalled, ‘to participate in the spiritual exercises.’ On the way, she heard quite clearly a command to leave the convent and devote herself completely to the poor. She describe the experience as a call within a call.”

“I do not pray for success, I ask for faithfulness.” Mother Teresa
# Four Paths on the Journey to Transformation

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Lessons:
- We are not alone
- Keep Going

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Lessons:
- We are not alone
- Keep Going
Path 2: Suffering - Victor Frankel

“When Frankel had lost everything he loved, suffered the worst of human cruelty, and stood on the threshold of death, he gave his life purpose and value.”

“We who lived in concentration camps can remember the people who walked through the huts comforting others, giving away their last piece of bread...everything can be taken from a person but one thing: the last of human freedoms-to choose ones attitude in any given set of circumstances, to choose ones own way.”

“I told my comrades...That human life, under any circumstances, never ceases to have a meaning, and that this infinite meaning of life includes suffering and dying, privation and death.”
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By reading the scriptures I am so renewed that all nature seems renewed around me and with me. The sky seems to be a pure, a cooler blue, the trees a deeper green. The whole world is charged with the glory of God and I feel fire and music under my feet.

We are so obsessed with doing that we have no time and no imagination left for being. As a result, men are valued not for what they are but for what they do or what they have - for their usefulness.
• **Thomas Merton** (1915-1968) is arguably the most influential American Catholic author of the twentieth century.

• His autobiography, *The Seven Storey Mountain*, has sold over one million copies.

• He wrote over sixty other books and hundreds of poems and articles on topics ranging from monastic spirituality to civil rights, nonviolence, and the nuclear arms race.

• After a rambunctious youth and adolescence, Merton converted to Roman Catholicism whilst at Columbia University and on December 10th, 1941 he entered the Abbey of Gethsemani, a community of monks belonging to the Order of Cistercians of the Strict Observance (Trappists), the most ascetic Roman Catholic monastic order.

• During his last years, he became deeply interested in Asian religions, particularly Zen Buddhism, and in promoting East-West dialogue.
# Four Paths on the Journey to Transformation

## 1-Change
- **The Path:** Climbing the Mountain
- **Requires:** Trust & Courage
- **A Role Model:** Mother Teresa
- **Scripture:** The Beatitudes

**Lessons:** Standards, Goals

## 2-Suffering
- **The Path:** Cross the Stormy Sea
- **Requires:** Inner Strength & Hope
- **A Role Model:** Victor Frankl
- **Scripture:** Storm at Sea

**Lessons:** We are not alone, Keep Going

## 3-Joy
- **The Path:** The Glorious Garden
- **Requires:** Faith
- **A Role Model:** Thomas Merton
- **Scripture:** Exalted Prologue

**Lessons:** Creation beyond time, Unity for all

## 4-Service
- **The Path:** Mature in Service
- **Requires:** Compassion & Love
- **A Role Model:** Mary Clark
- **Scripture:** Good Samaritan, Prodigal Son

**Lessons:** Generous Forgiveness, Compassion
Path 4: Service - The Story of Mary Clark

• Born 1926 to Joseph Clarke and Kathleen Mary Clarke
• Mother dies when Mary is 3 years old
• Grew up in Beverly Hills California next to Carry Grant
• First child died 3 days after birth from brain damage
• Mother of 7 other children
• Twice married and divorced
• Successful businesswoman having inherited the family business
• Active in a number of local charities including delivering supplies to a prison in Mexico
Path 4: Service- The Story of Mary Clark becomes the Story of Mother Antonia

Wanted to change her life/ Sold business
No Religious Order would take a 50 year old twice divorced woman as a novice
1977 she donned a Habit and moved to the toughest prison in Tijuana called La Mesa

In 30 + years she says “I have never experienced on day of depression...never felt hopeless.”
Path 4: Service- Mother Antonia

Mary Clarke's astonishing transformation from an affluent life in Beverly Hills to an inspiring ministry of caring for -- and living with -- the poorest prisoners in one of Mexico's most dangerous jails.

“Frank a transsexual yells to Mother Antonia... "Mamá! Mamá! Mamá!", embracing her as if hugging his own mother. Mother Antonia says that nobody has a tougher life, in the prison or outside, than the transexual.

"You love the unlovable," says Frank, a prisoner who is waiting for her at the heavy mesh door of her cell, which is only a few steps away from the holding cell for the newcomers.

"I love the people whom other people think are unlovable," she says.”
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“Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.” Mother Teresa

God doesn't require us to succeed; he only requires that you try.

I do not pray for success, I ask for faithfulness.