

# // SESSION ONE //

## A Universe Shaped by Shared Identity

### Exploring the Trinity and Our Interconnectedness

#### WELCOME

In this session Franciscan friar, globally recognized teacher and spiritual leader and founder of the Center for Action and Contemplation Richard Rohr explores the mystery of the Trinity and its impact on our understanding of love, identity, and interconnectedness.

**About this guide:** *It's simply that—a guide. A "trellis" to support your exploration of the wisdom and questions offered up here for you to consider. Receive what is yours to receive. Ditch the rest.*

#### PREPARING and PRESENCING

##### Centering

- Take a slow, deep breath to calm the mind, release distractions, and to bring your focus to the present moment.
- Open yourself and invite the Spirit in. Set intention for a sense of purpose and direction in your contemplation. Be present to yourself in love.
- Cultivate a positive and open mindset, and enhance receptivity to wisdom by expressing gratitude for the opportunity to learn and grow spiritually.

##### Invocation

- Allow your heart and to receive these words from Richard Rohr from as a way to awaken your imagination and to enter in:

"If God is love, and what we see in the Trinity is that God is relationship itself, then it's how you connect that matters. Relate to everything center to center, subject to subject, and you will know the real Presence."

#### WATCH THE VIDEO

A Universe Shaped by Shared Identity with Richard Rohr (16:34)

#### INITIAL OBSERVATIONS

Now that you've watched the film, sift through the prompts below. Resist forcing a response or trying to answer every question. Be open to how the Spirit might be guiding. Don't overthink it, just **notice what you notice**.

- What drew your attention? A specific story, idea, phrase, word, sound, or image in the video?

- Where did you feel resonance or resistance, expansion or contraction, liberation or suffocation?

## DEEPER EXPLORATION

Sift through the prompts below as you continue to "listen to your life deeply," and explore Rohr's invitation to embrace your shared, collective identity.

- How do you understand the concept of being created in the "image and likeness" of God? How does this shape your sense of identity?
- Reflect on the idea that God is a relationship itself. How does this change your understanding of love and community?
- Richard Rohr speaks of God as a process, a verb more than a noun. How does this resonate with your own experience of spirituality?
- Have you experienced moments when you felt deeply connected to everything around you, as Rohr describes? What was that like?

## REFLECTING / RECEIVING / RESPONDING

Take a few moments to recenter and resettle yourself. Reflect on what you're hearing.

- How is the Spirit nudging you? Are you sensing an invitation into anything new? What is calling for your attention?
- Consider responding by journaling what is rising up, or maybe to these prompts:  
"I hear Spirit nudging me to..."  
"My attention is drawn towards..."  
"I am willing to let go of..."  
"What I am willing to let come is..."

## CLOSING

### A Closing Blessing

May you live in the profound understanding that God is love, transcending the superficial notions of infatuation and romantic attraction. May your heart be open to the deep relational nature of God, recognizing that true love is found in how you connect with everything and everyone around you.

As you embrace the shared identity within the Trinity, may you see God's image in every person you encounter, granting them and yourself dignity and respect. May your life be a testament to the transformative power of seeing and relating to others center to center, subject to subject.

In the dance of the Trinity, may you find joy in shared relationships, understanding that true happiness is found in connection and mutual delight. May you experience the fullness of God's love, knowing that it is a dynamic, flowing relationship that encompasses you and invites you to participate in the divine life. Go forth, empowered by the infinite love of the Father, the grace of the Son, and the communion of the Holy Spirit. May your presence be a reflection of the divine presence, bringing light and love to all you encounter. Amen.