



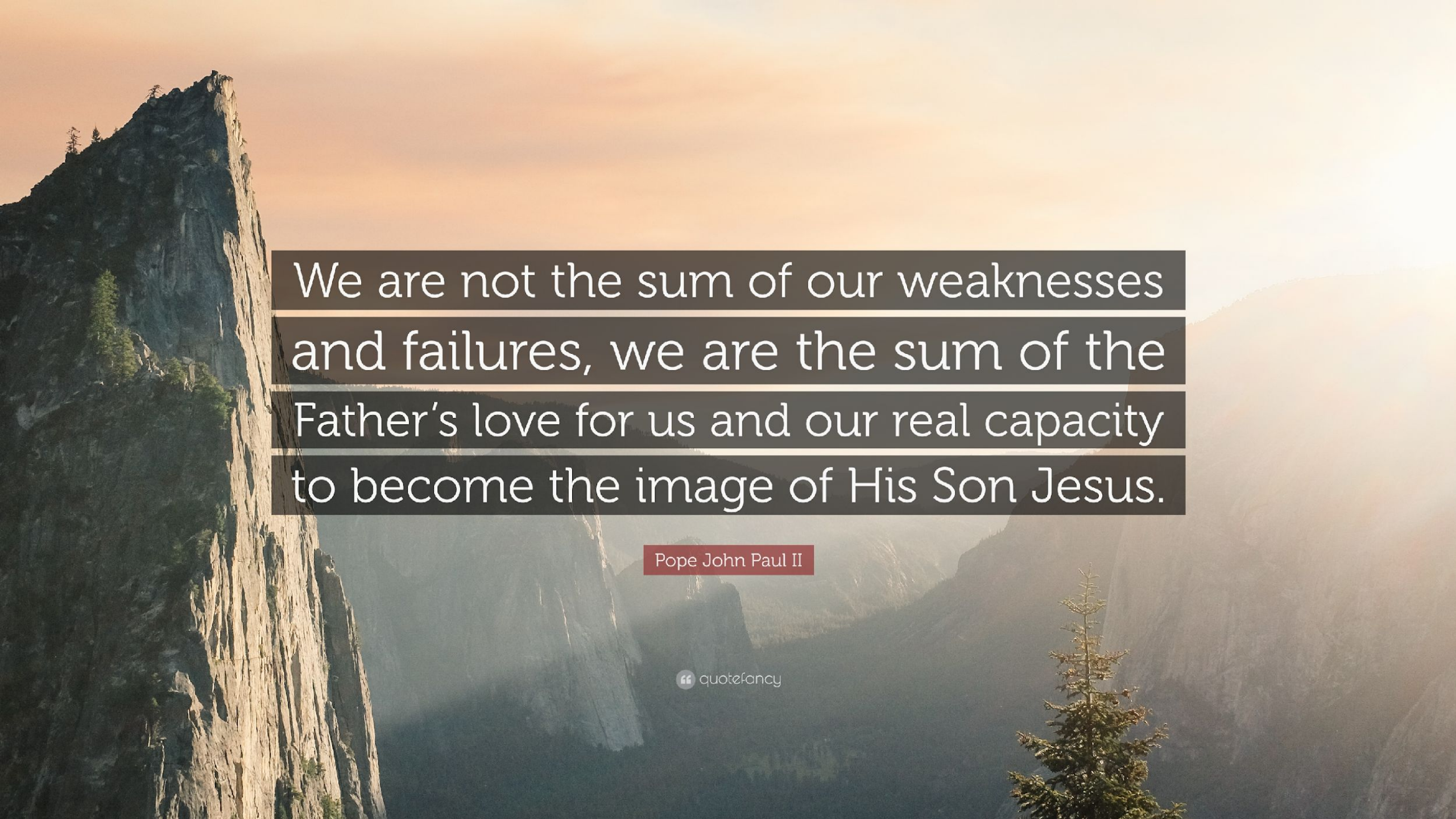
The Sum of Us

A Paradigm for Ongoing Conversion & Self Awareness

PREPARED BY

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We are not the sum of our weaknesses
and failures, we are the sum of the
Father's love for us and our real capacity
to become the image of His Son Jesus.

Pope John Paul II

2 Peter 1: 3-11 Exhortation to Christian Virtue: The Power of God's Promise

“God’s divine power has bestowed on us **everything** that makes for life and devotion, through the knowledge of him who called us by his own glory and power. Through these, he has bestowed on us the precious and very great promises, so that through them you may come to share in the **divine nature**, after escaping from the corruption that is in the world because of evil desire.

For this very reason, make every effort to supplement your **faith** with **virtue**, **virtue** with knowledge, **knowledge** with self-control, **self-control** with **endurance**, **endurance** with **devotion**, **devotion** with **mutual affection**, **mutual affection** with **love**. If these are yours and increase in abundance, they will keep you from being idle or unfruitful in the knowledge of our Lord Jesus Christ. Anyone who lacks them is blind and shortsighted, forgetful of the cleansing of his past sins. Therefore, brothers, be all the more eager to make your call and election firm, for, in doing so, you will never stumble. For, in this way, entry into the eternal kingdom of our Lord and savior Jesus Christ will be richly provided for you.”



*The Lord gave me, Brother Francis, thus to begin doing penance in this way: for when I was in sin, it seemed too bitter for me to see lepers. And the Lord himself led me among them and I showed **mercy** to them. And when I left them, what had seemed bitter to me had turned into sweetness of soul and body. Afterward I delayed a little and left the world.”* Testament of St. Francis 1-3

St. Francis and the lepers

So what *did* he do for the lepers?

First of all, he recognized their humanity, not through words, but through actions. He embraced them. Kissed them. Looked them in the eye. He transcended, rather than destroyed, the “leper” label. In other words, Francis didn’t ask us to ignore identities; he asked us to look beyond them. He acknowledged that these men and women were first and foremost children of God. Only a distant, distant second (if that) were they victims of a debilitating disease.

St. Francis was Blessed with insight

Identities are complex. There are thousands of them. Sometimes people label us. Sometimes we label ourselves. Sometimes the labels are justifiable, logical, excusable, useful. Sometimes they're not. But that's beside the point.

The point is that whatever identities define us, however appropriate they are, they never represent the most fundamental truth, which is both bigger and deeper. Francis understood that truth better than almost anyone.

Perhaps that's why his embrace of the leper was not a one-time action. Rather it was an action he would repeat for the rest of his active life. Indeed, taking care of lepers became one of the acts of mercy most closely identified with Saint Francis of Assisi.

If only each one of us could follow his example, and whether we're dealing with conflict or just dealing with everyday life, see the person before us first and foremost as a human being made in the image and likeness of God.

Convocation of Priests 2022: Dr. Larry LeNoir



Goals & Objectives

- A Movement from the Inner personal to the Interpersonal and provide an understanding of the human condition you may not have encountered before.
- Offer insights into the operations of your mind and how to address those parts we believe are the enemy within.
- Weave in this presentation experiences of the Indwelling of the Holy Spirit.
- Offer a clearer pathway to the magnificent and unimaginable love of God, so that you may fall in love with Jesus that much more.

Dr. LeNoir's premise: Affective Self-Awareness



Our Wounds

- Experiences that left us trying to make sense of why we were just treated in that uncaring way, harsh way, repulsive way, violent way.
- What keeps us from getting close to those deep wounds?
 - Fear of being overwhelmed either by terror, sadness, or shame/humiliation
 - Parts of us that say, "Never again"
 - Fear of coming to believe that what we've concluded as a result of being treated that way is true about who we are as a person.
- Our efforts to blot out the weight of the emotional pain we carry from what we've lived through, generates strategies that can become addictions.
- Such strategies are solutions to emotional pain.

Priest -> Presbyter -> Elder/"Father" -> Sage

To truly become a Sage, we must go deeper and in reverse to recover those parts of us we exiled, forgot, lost, or never fully knew.

Sage; Chris Bruno

No Bad Parts

greendoorrelaxation.net

Internal Family Systems (IFS), PARTS



The Core Self as The Indwelling of the Holy Spirit

- Note the markers of the Self (and the indwelling of the Holy Spirit) vs the markers of the parts
- The core Self (through the Holy Spirit) is:
 - Inherently and intrinsically healing
 - The anxious, angry, critical, rebellious, terrified, vain, etc., parts of you will soften when they are seen and heard.
 - Reconciling with those parts may require prayerful work on yourself.
- While there are no bad parts of you, when they are in charge, your behavior can be quite destructive to you and others.

Qualities to Cultivate

- The six “C’s” of an integrated self: Compassion, Calm, Curiosity, Connectedness, Confidence, Courage, Creativity, Clarity
- Gratitude
- Experience the Lord as a wise and loving parent.
- Good friendships with brother priests, men and women, and families.
- Exercise, reading, openness to learning and expanding skill set
- Rest and seeking to be more intentionally mindful
- Experiences of Awe, Wonder, Ecstasy
- Self-Compassion (refer back to six “C’s”)

1.1. The Trinitarian dimension

In communion with the Father, the Son and the Spirit

3. Each Christian, by means of Baptism, enters into communion with God, One and Triune, who communicates His divine life to him in order to make him become adoptive son in His Only Son; therefore he is called to recognise God as Father, and through divine filiation to experience the paternal providence that never abandons its children. If this is true for each Christian it is equally true that the priest, by virtue of the consecration received with the sacrament of Holy Orders, is placed in a particular and special relationship with the Father, with the Son and with the Holy Spirit. In fact, “our identity has its ultimate source in the charity of the Father. He sent the Son, High Priest and Good Shepherd, and we are united sacramentally with the ministerial priesthood through the action of the Holy Spirit. The life and ministry of the priest are a continuation of the life and action of the same Christ. This is our identity, our true dignity, the fountain of our joy, the certainty of our life”¹⁸.

Therefore, the identity, the ministry and the existence of the priest are essentially related with the Most Holy Trinity with a view to the priestly service to the Church and to all men.

Deepest Need: To Be Known

Our greatest need as human beings is to be known, and to know the person who knows us will be there for us when we need them.

Human beings are created in the image of a triune God— a “we”, not an “I”. Each member of the Godhead intimately knows the other two. God’s intention for humanity is not that we would merely live our lives next to each other, but that we would be increasingly known by one another.

John Bowlby: Attachment Theory

- Human beings are social creatures; wired for relationship.
- Places a person in context of relationship and focuses on their ability to connect and bond through emotional regulation.
- Relational stability comes from knowing who regulates them and how to stay near them.
- The further one moves away from “secure” attachment, the more difficult relationships become.

Secure Attachment

- Characterized by someone who has
 - a stable sense of self,
 - relationships that are managed fairly easily,
 - comfortableness in being alone as well as the ability to have healthy intimacy,
 - and has the ability to ask for help as well as able to take care of themselves.
- These things characterize someone who is securely attached because they feel confident in their stable, dependable, relationships from which they can explore and move into the world.
- Secure attachment develops from having The Big 6: Attunement, Response, Engagement, Regulate emotions, Strength to handle emotions, and Repair in relationships.

The Big 6

- **1. ATTUNEMENT:** Your parents were sufficiently attuned to your feelings and needs. When a parent that is so distracted by their own needs, wants, emotions, and personal pain, they cannot be attuned to the child's needs.
- **2. RESPONSIVENESS:** When a child is distressed (mad, sad, afraid), the parents *respond offering* comfort, care, kindness, and reassurance.
- **3. ENGAGEMENT:** When parents have a consistent intention and genuine desire to truly know their child's heart and engage them on a heart level.
- **4. REGULATE EMOTIONS (AROUSAL):** Emotional arousal refers to the bodily sensations you feel inside of you during moments of distress. When sufficiently attuned to their child, parents respond and engage with them, effectively helping and teaching how to regulate aroused emotional states by soothing when anxious and stimulating when withdrawn.
- **5. STRENGTH ENOUGH TO HANDLE (NEGATIVE) EMOTIONS:** This is when parents allow for their child's anger, sadness, and fear. A child needs to be free to express negative emotions (to cry, rage, or fall silent) knowing that their parents will respond in a calm, non-anxious, loving, and meaningful way.
- **6. WILLINGNESS TO REPAIR:** Acknowledging that a healthy, trusting attachment is ***not built on the absence of failure*** but on the willingness of the parent to own and rectify failures when they occur. No parent is perfect. They get tired, distracted, stressed out, and frustrated. There are times when even the best parents are not attuned or responsive. The parent-child connection ruptures frequently. But the mark of a 'good enough' caregiver is that ruptures are *repaired* through a process of re-attunement and re-engagement.

Insecure: Ambivalent Attachment

- Characterized by relationships that include a lack of boundaries, enmeshment, people pleasing, and anxiety.
- People who have this attachment style often expect the worst to happen and are desperate to maintain relationships at any cost.
- These things characterize them because they likely experienced inconsistent and unpredictable care in significant relationships in the past.

Insecure: Avoidant Attachment

- These people rarely seek closeness in relationships, they tend to reduce their expectations of others as well as deny their own needs, value autonomy, and tend to regulate their emotions on their own.
- They likely experienced neglect, distance, and/or dismissal in their relational needs at some point in their lives.
- They signal to others in relationships messages like “I’m fine without you,” “I don’t need you,” and “I can’t trust you with my needs.”

Insecure: Disorganized Attachment

- People with insecure disorganized attachment might have extreme shifts of mood, be highly reactive emotionally, have high levels of self-absorption, and can recreate abusive/chaotic relationships.
- These things tend to characterize them because they experienced chaotic, disorienting, and even frightening relationships earlier in life.

Try Softer by Aundi Kolber

“Trying softer isn’t about knowing or doing the right thing; it’s about being gentle with ourselves in the face of pain that is keeping us stuck. Because no matter how hard we try, we can’t hate or shame ourselves into change. Only love can move us toward true growth.

This is the love given to us by a gentle, kind, compassionate, good God—and the love we are invited to give ourselves too. Kristin Neff, the foremost researcher in the field of self-compassion, points out that compassion is different from empathy in that empathy is feeling with someone else, whereas compassion means to suffer with someone and then allow ourselves to be moved by that pain so we are motivated into action.”

A new light in which to read 2 Corinthians 1:3-4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction, with the encouragement with which we ourselves are encouraged by God.”

The Process Envisioned

Self-Awareness (especially of one's motivation in the moment, consistently)



Self-Reconciliation (self-embracing)



Generalized Reconciliation (work of salvation)

Table Questions

1. What kind of emotions or interactions have been barriers to you recently?
2. At what level do you think you are self-aware?



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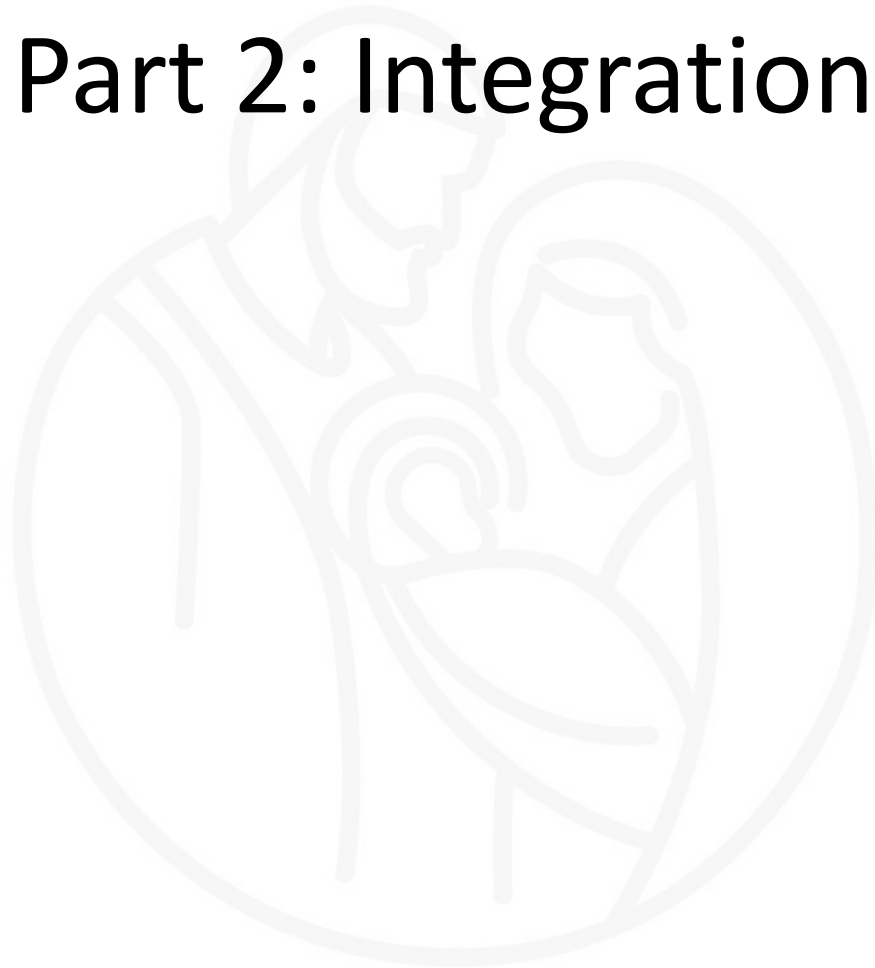
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Part 2: Integration



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“You created every part of me; you put me together in my mother's womb. I praise you because you are to be feared; all you do is strange and wonderful. I know it with all my heart.

When my bones were being formed, carefully put together in my mother's womb, when I was growing there in secret, you knew that I was there -you saw me before I was born.

The days allotted to me had all been recorded in your book, before any of them ever began.”

~Psalm 139

Urging Hearts

“At first, overwork appears to be a sensible expression of generosity and dedication; but when it ends in joyless exhaustion, leading to the deterioration of prayer and personal relationships, it exposes its true nature as an obstacle to **wholeness and holiness.**”

Integration as a Process

Integration of self is

- A lifelong process and, most of the time, a lifelong struggle.
- Not an instant result; it takes daily practice.
- Cannot stop with the self; the love must be shared with others.

Hallmarks of the Self

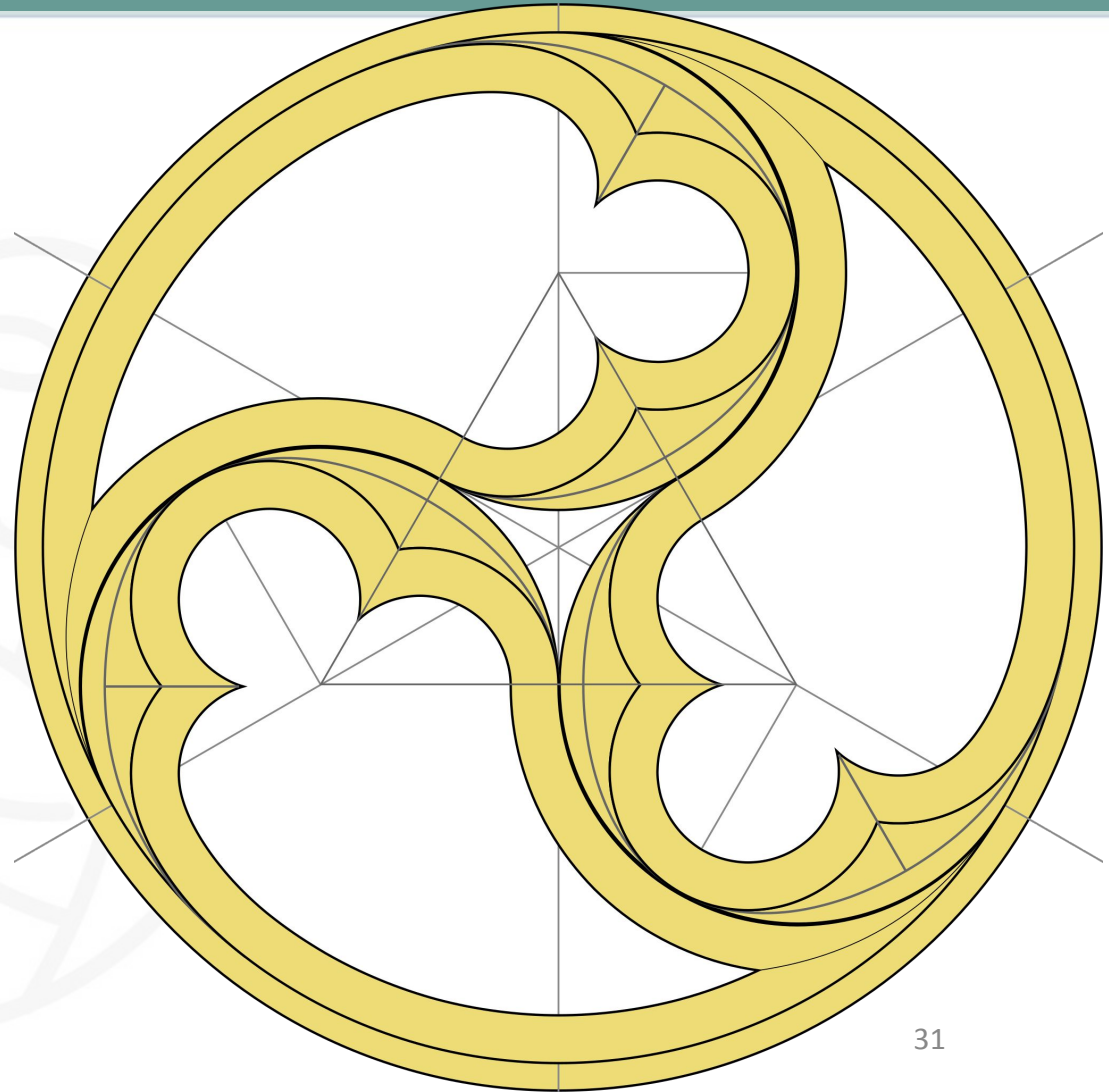
Capacity to balance:

- Thoughts and feelings.
- Connection and independence in relationships.

At individual and system levels, involves an ability to self-regulate anxiety and to maintain one's sense of self whether in close proximity to, or distant from, others.

Perichoresis

Distinct Persons who
always exist in intimate
and cooperative
relationship.



P.I.E.S.



Find Your Mountain



Christ on the Mount

1. He Overcame the devil
2. He preached to his disciples
3. He was transfigured on the mount
4. He prayed frequently
5. On it he appeared to his disciples
6. On it he fed the multitudes
7. On it he ascended into heaven

Practical ways to Integrate

- Focus
 - Clarity
- Flesh Out
 - Confidence, Creativity
- Feel Toward
 - Calm, Curiosity,
- Befriend
 - Compassion, Connectedness
- Fear
 - Courage

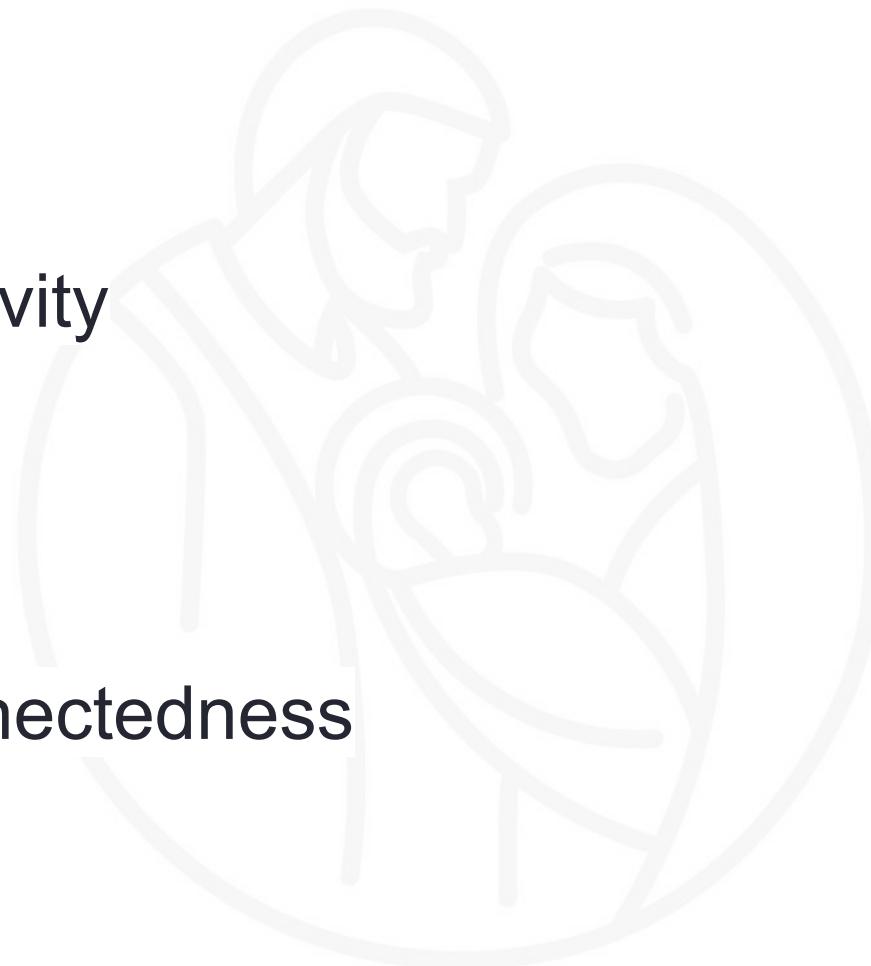


Table Questions

1. What makes you feel tired, underappreciated, overworked, depressed, and unhappy?
2. What is holding you back from loving yourself?

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