

## From the Desk of Our Pastor ....

### The Art of Self-Discovery



We do not have a private life. Scripture tells us we live out our lives before a great multitude of witnesses, comprising angels and the saints who have gone before us, not to mention the eyes of God which penetrate all things. What might seem like our own personal little drama is played out in full view on the cosmic stage. If we are center stage, we must come to grips with the fact that our lives are very important. Many of us are unaware of this fact, and consequently, are strangers to ourselves and clueless of the crucial role God has given us to play. We must master the art of self-discovery.

To unlock the secret of our lives we must dive deep into our past. We have played out many scenes in our drama that now belong to our misty past, long forgotten. Perhaps there are unpleasant things lurking back there we would rather forget. But we also tend to forget the good as well. Whatever, all things, whether pleasant or otherwise, have been formative in building the person you are today. It is absolutely critical, if we want to play out the rest of our drama intentionally and with purpose, to re-discover these influences that reveal to us why we feel the way we feel, think the way we think, and act the way we do.

One way to come to self-discovery is by a method some call life mapping. It is really rather simple and anyone can do it. All it takes is enough curiosity on your part to peel back the layers of your life. This can be accomplished by dividing your life up into segments, or "scenes," of your play. These scenes can be divided by natural boundaries of school years, geographical places, major events like deaths in the family, etc. It may even be a good idea to begin with a prelude of your family background before you were even born on the stage. As you think, these segments will become clearer to you.

You will want to make sure that you proceed prayerfully, knowing that your life is holy and mysterious, and that it takes a certain amount of courage to be truthful about your past drama. Fill in the "scenes" with everything you think was formative in your life such as books read, relationships with people, societal and cultural forces, music, events, in short, anything that engages your curiosity whether you think important or not. How did you react to them? What attitudes developed? Some dark things might be unearthed, and you may decide that you will want to talk to a professional counselor. Whatever, it is all knowledge, and knowledge, especially self-knowledge, is foundational to our spiritual progress.

To illustrate this simple method of life mapping, I have decided to share my life map in 5 sessions this Lent. You can access through our website. I provide 10 "scenes" of my unfolding drama which take me up to 2016. I have been building this life-map for many decades, and I now see I am getting to the point of updating it with another "scene." It is not all pleasant, and shows both my successes and failures, but it is completely honest. The more transparent we are, the better. Even now over the years, the secret of my life unfolds before me, and I see God's grace anew as I act out my drama before God, angels, saints, and humanity. This Lent discover yourself anew by life-mapping!

Father John Worgul  
Pastor