



THE QUESTION

can you drink the cup?

CAN YOU DRINK THE CUP?

CAN YOU EMPTY IT TO THE DREGS?

CAN YOU TASTE ALL THE SORROWS AND JOYS?

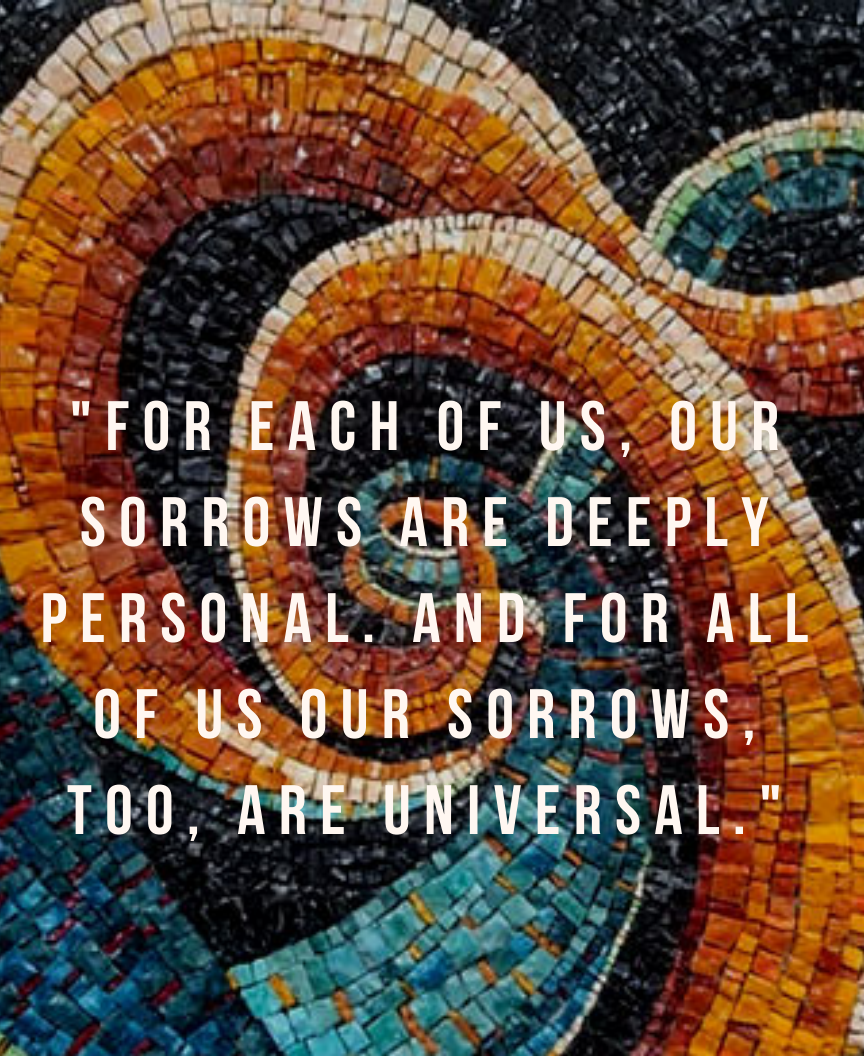
CAN YOU LIVE YOUR LIFE TO THE FULL WHATEVER IT BRINGS?

CAN WE HOLD OUR LIFE, LIFT OUR LIFE, AND DRINK IT, AS JESUS DID?

Jesus asked, "Can you drink the cup that I am going to drink?" They replied, "We can." He said to them, "Very well; you shall drink my cup."

Matthew 20:20-23

WE INVITE YOU INTO A JOURNEY TO EXPLORE THESE QUESTIONS. TO BE PROVOKED, CHALLENGED BY AND AWAKENED TO THE REALITY OF WHAT YOUR CUP - AND YOUR LIFE - HOLDS. THIS IS AN INVITATION TO DISCOVER THE BOUNTY OF YOUR GIFTS, YOUR INADEQUACIES, YOUR DIFFERENCES FROM OTHERS - ULTIMATELY YOUR RADICAL SINGULARITY. IT'S A CUP THAT INVITES YOU TO SHARE YOUR VULNERABILITY, YOUR FANTASIES, YOUR SHAME AND CRAVINGS. IT'S A CUP OF INTIMACY AND UNCONDITIONAL LOVE WITH JESUS. IT IS A CUP TO BRAVELY AND FULLY ENTER AND IT IS ENTIRELY AND PERFECTLY YOUR CUP TO HOLD, LIFT AND DRINK.



"FOR EACH OF US, OUR
SORROWS ARE DEEPLY
PERSONAL. AND FOR ALL
OF US OUR SORROWS,
TOO, ARE UNIVERSAL."

I.

the cup of sorrow

"I AM DEEPLY AWARE OF MY OWN SORROW-FILLED HEART. THERE WAS A TIME WHEN I SAID, 'NEXT YEAR I WILL FINALLY HAVE IT TOGETHER,' OR 'WHEN I GROW MORE MATURE THESE MOMENTS OF INNER DARKNESS WILL GO,' OR 'AGE WILL DIMINISH MY EMOTIONAL NEEDS.' BUT NOW I KNOW THAT MY SORROWS ARE MINE AND WILL NOT LEAVE ME. IN FACT I KNOW THEY ARE VERY OLD AND VERY DEEP SORROWS, AND THAT NO AMOUNT OF POSITIVE THINKING OR OPTIMISM WILL MAKE THEM LESS. BEYOND ALL THAT, I EXPERIENCE DEEP SORROW THAT I HAVE NOT BECOME WHO I WANTED TO BE."

Henri Nouwen

reflection

WRITE DOWN YOUR OWN SORROWS YOU HOLD TODAY, THAT ARE OLD AND DEEP AND NEW AND SHARP:

WE CAN WORRY THAT OUR SORROWS ARE LESS THAN THE SORROWS OF OUR CITY, OR OUR COUNTRY, OR OUR WORLD. BUT THIS IS ALL THE CUP OF HUMAN SUFFERING. FOR EACH OF US, OUR SORROWS ARE DEEPLY PERSONAL, AND FOR ALL OF US OUR SORROWS, TOO, ARE UNIVERSAL.

WRITE DOWN THE SORROWS YOU HOLD FOR YOUR NEIGHBORHOOD:

YOUR NATION:

YOUR WORLD:

invitation & verse

My soul is weary with sorrow; strengthen me.

Psalm II9:28

- FOR EACH SORROW YOU NAMED IN YOUR REFLECTION, COLLECT A TILE FOR EACH.
- AS YOU SELECT EACH TILE, READ THE ABOVE VERSE AS A PRAYER, "MY SOUL IS WEARY WITH THIS SORROW OF 'X, Y, Z,' GOD PLEASE STRENGTHEN ME TO HOLD THE SORROW IN MY CUP."
- AFTER YOU HAVE SAID THIS PRAYER, PLACE THIS TILE IN YOUR CUP AS A SYMBOLIC MOVE TO INVITE GOD INTO THIS SORROW.
- WHEN YOU HAVE COMPLETED COLLECTING YOUR TILES, TAKE A MOMENT TO HOLD AND TAKE IN ALL THAT IS IN YOUR CUP.
- WHEN YOU ARE READY, TAKE YOUR CUP OF SORROWS TO THE MOSAIC STATION.
- FOLLOW DIRECTIONS AT THE MOSAIC STATION, AND ADD YOUR SORROWS TO THIS CREATION.



"EVERY DAY WE
ARE RADICALLY
CHALLENGED."

II.

the cup of joy

"TO BE A HUMAN TODAY RADICALLY
CHALLENGES US TO LET GO OF EVERY DISTANCE,
EVERY LITTLE PEDESTAL, EVERY IVORY TOWER,
AND TO CONNECT OUR VULNERABILITY WITH THE
VULNERABILITY OF THOSE WE LIVE WITH.

AND WHAT A JOY THAT IS!
THE JOY OF BELONGING,
THE JOY OF BEING PART OF."

Henri Nouwen

reflection

REFLECT WITH JESUS ON ONE OF THE SORROWS, FROM STATION I, THAT YOU NAMED. ARE THERE WAYS THE SORROW CREATES DISTANCE IN YOUR LIFE? WHAT IS STIRRED IN YOU AS YOU REFLECT ON THIS DISTANCE? _____

WELCOME ALL THAT YOU NAMED ABOVE. ALL THE THOUGHTS, FEELINGS, EMOTIONS, PERSONS, SITUATIONS AND CONDITIONS.

ASK JESUS TO HELP YOU IMAGINE LETTING GO OF THIS DISTANCE, AND ALL THAT IS ATTACHED TO IT. ASK HIM TO HELP YOU IMAGINE CONNECTION IN ITS PLACE. WHAT VULNERABLE STEPS COULD YOU TAKE TO CREATE THIS CONNECTION? _____

AS YOU HOLD YOUR CUP FULL OF DISTANCE, CONNECTION AND VULNERABILITY, WELCOME ALL THE JOY THAT JESUS HAS FOR YOU, THE JOY OF BELONGING, THE JOY OF CONNECTION. _____


invitation & verse

"The Uses of Sorrow"

Someone I loved, once gave me
a box full of darkness
It took me years to understand
that this too, was a gift.
- Mary Oliver

WHEN JESUS WAS SORROWFUL TO THE POINT OF DEATH IN THE GARDEN, HE NEEDED AN ANGEL FROM HEAVEN TO REMIND HIM THAT THE "CUP OF SORROWS" AND THE "CUP OF JOYS" CAN NOT BE SEPARATED, AND TO HELP HIM BELIEVE THAT THE HOUR OF HIS DEATH, WOULD ALSO BE THE HOUR OF HIS GLORY. IT IS A COURAGEOUS MOVE TO ENTER SORROWS DEEPLY, BUT THERE IS A REVELATION OF JOY, HIDDEN LIKE A PRECIOUS STONE IN THE WALL OF A DARK CAVE.

- TAKE ONE BLACK BOX, REPRESENTING THE DARK CAVE OF THIS SORROW IN YOUR LIFE, THAT MAY BE AN UNEXPECTED HIDING PLACE OF A JOY.
- BEFORE YOU OPEN YOUR BOX, ASK JESUS TO GIVE YOU COURAGE TO HAVE A JOY-SEEKING POSTURE, EVEN IN DARKNESS.
- TAKE ONE GOLDEN TILE, A JOY-FOUND-IN-DARKNESS, TO THE CENTER MOSAIC STATION.
- KEEP ONE GOLDEN TILE TO GIVE TO AN ANGEL IN YOUR LIFE - MAYBE EVEN SOMEONE ON THIS RETREAT - WHO HELPS YOU REMEMBER YOU AND YOUR WHOLE LIFE ARE A PRECIOUS GIFT, AND THAT YOU BELONG.



"THERE IS A MISSION
THAT COMES OUT OF
A LIFE THAT IS NEVER
PURE SORROW
OR PURE JOY."

III.

cup of salvation

"BUT THERE IS A MISSION THAT COMES OUT OF A LIFE THAT IS NEVER PURE SORROW OR PURE JOY. A MISSION THAT MOVES US BEYOND OUR HUMAN LIMITATIONS AND REACHES OUT TO TOTAL FREEDOM, COMPLETE REDEMPTION, ULTIMATE SALVATION. DRINKING THE CUP OF SALVATION MEANS EMPTYING THE CUP OF SORROW AND JOY SO THAT GOD CAN FILL IT WITH PURE LIFE."

Henri Nouwen

reflection

MANY PEOPLE FEEL CURSED BY GOD WITH ILLNESS, LOSSES, HANDICAPS & MISFORTUNES, AS WELL AS BY ADDICTIONS, COMPULSIONS AND OBSESSIONS. THEY BELIEVE THEIR CUP DOESN'T CARRY ANY BLESSINGS, THAT IT IS NOT A CUP OF SALVATION, BUT RATHER THE CUP OF WRATH.

HOW DOES THIS SENSE OF BEING CURSED BY GOD RESONATE WITH YOU? AND/OR IN WHAT WAYS DO ADDICTIONS, COMPULSIONS, OBSESSIONS PLAY OUT IN YOUR LIFE?

"SALVATION" IS ABOUT BEING SAVED FROM SIN. BUT WHAT IF SIN "IS OUR PERPETUAL ADDICTION TO BEING LESS THAN OURSELVES"? IMAGINE THAT JESUS IS INVITING YOU PAST THE LIMITATIONS YOU FEEL TRAPPED BY, OR STRUGGLE WITH DAILY. IMAGINE THAT JESUS WANTS YOU, JUST AS YOU ARE, NEXT TO HIM ON THIS GREAT MISSION OF FREEDOM, LIBERATION, HEALTH AND NEW LIFE.

ASK GOD WHAT MOVING FORWARD IN THIS MISSION LOOKS LIKE FOR YOU.

invitation & verse

things. that should be asked
often. in every type. of
relationship:

how is your heart.

is your breath happy. here.

do you feel free.

- Nayyirah Waheed

- FOR EVERY WAY YOU FEEL TRAPPED IN THIS LIFE - BY PEOPLE, THE WORLD, LAWS, YOUR BODY, COMPULSIONS, ADDICTIONS, OBSESSIONS, ETC. - ADD A FEW SHELLS TO YOUR CUP.
- GO OUTSIDE AND EMPTY YOUR CUP. EITHER THROW THE SHELLS INTO THE OCEAN, OR STOMP THEM INTO BROKEN PIECES.
- AS YOU HEAD BACK TO THIS STATION IMAGINE JESUS ASKING YOU:
"HOW IS YOUR HEART?"
"IS YOUR BREATH HAPPY?"
"DO YOU FEEL FREE?"
- FILL YOUR CUP - THE CUP OF SALVATION - WITH TILES THAT REPRESENT FREEDOM AND LIFE TO YOU, AS MANY AS YOU'D LIKE.
- TAKE THESE TILES TO THE CENTER MOSAIC STATION.



"WE CAN LET OUR
SORROWS AND JOYS
EMERGE FROM THEIR
HIDDEN PLACE AND LOOK
US IN THE FACE, SAYING:
'DON'T BE AFRAID.'"

IV.

the cup of silence

"IN SILENCE WE CAN LET OUR SORROWS
AND JOYS EMERGE FROM THEIR
HIDDEN PLACE AND LOOK US IN THE FACE,
SAYING: 'DON'T BE AFRAID;
YOU CAN LOOK AT YOUR OWN JOURNEY,
ITS DARK AND LIGHT SIDES,
AND DISCOVER YOUR WAY TO FREEDOM.'"

Henri Nouwen

reflection

AS THE LORD APPROACHED, A VERY POWERFUL WIND TORE THE MOUNTAINS APART. IT BROKE UP THE ROCKS. BUT THE LORD WASN'T IN THE WIND. AFTER THE WIND THERE WAS AN EARTHQUAKE. BUT THE LORD WASN'T IN THE EARTHQUAKE. AFTER THE EARTHQUAKE A FIRE CAME. BUT THE LORD WASN'T IN THE FIRE. AND AFTER THE FIRE THERE WAS ONLY A GENTLE WHISPER. WHEN ELIJAH HEARD IT, HE PULLED HIS COAT OVER HIS FACE. HE WENT OUT AND STOOD AT THE ENTRANCE TO THE CAVE. THEN A VOICE SAID TO HIM, "ELIJAH, WHAT ARE YOU DOING HERE?" - 1 KINGS 19:11-13

WHAT VOICES IN YOUR LIFE ARE FEELING LIKE A POWERFUL WIND, AN EARTHQUAKE AND/OR FIRE? _____

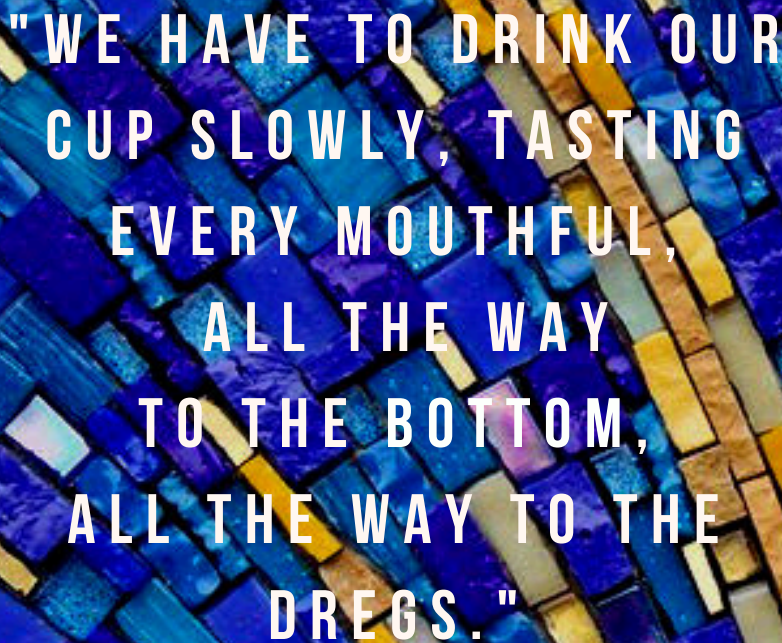
HOW MUCH SPACE & POWER ARE THESE VOICES OCCUPYING IN YOUR MIND, HEART AND SOUL? _____

MEDITATE ON GOD'S QUESTION TO ELIJAH, "WHAT ARE YOU DOING HERE?" CONSIDER WHY YOU ARE ON THIS RETREAT. HOW ARE YOU HOPEFUL TO INTERACT WITH GOD'S VOICE TODAY AND ENCOUNTER THE GENTLE WHISPER OF LOVE? _____

invitation & verse

Gnight to the voices in your head
and in your life that nitpick EVERYTHING,
tell 'em, not me
tell 'em, not tonight
tell 'em, i'm RESTING, go pick nits out of my sight
Now let's get busy dreaming, vamos!
- Lin-Manuel Miranda

- TAKE A BLACK MARKER AND WRITE ON THE WHITE HANGING SHEET ALL THE VOICES THAT FRIGHTEN YOU, ARE NOISY, & INTIMIDATE YOU.
- TAKE A WHITE MARKER AND WRITE ON THE BLACK HANGING SHEET ALL THE VOICES THAT ARE GENTLE, FORGIVING, & FULL OF TRUTH.
- GRAB A MIRROR TILE, TAKE A MINUTE TO LOOK INTO IT, EVEN IF YOU CAN ONLY SEE YOUR EYE! AND KNOW THAT JESUS' EYES OF LOVE GAZE UPON YOU AND HIS HEART EXPLODES WITH LOVE. REMEMBER HE HAS GIVEN YOU EYES OF LOVE TOO, TO SEE YOURSELF WITH LOVE.
- PUT YOUR TILE IN YOUR CUP, AND IMAGINE THAT JESUS IS INVITING YOU TO FREEDOM, WITH HIS PERSISTENT, GENTLE AND LOVING VOICE, SAYING: "YOU ARE MY BELOVED CHILD, MY FAVORITE ONE, MY JOY!"
- BRING YOUR MIRROR TILE TO THE CENTER MOSAIC STATION.

A vibrant mosaic background composed of numerous small, rectangular tiles. The color palette is diverse, featuring various shades of blue (from light sky blue to deep navy), purple (from lavender to dark violet), and yellow (from pale cream to bright golden yellow). The tiles are arranged in a non-uniform, overlapping pattern, creating a rich, textured visual effect.

"WE HAVE TO DRINK OUR
CUP SLOWLY, TASTING
EVERY MOUTHFUL,
ALL THE WAY
TO THE BOTTOM,
ALL THE WAY TO THE
DREGS."

V.

to the bottom

"WE HAVE TO DRINK OUR CUP SLOWLY,
TASTING EVERY MOUTHFUL,
ALL THE WAY TO THE BOTTOM!

LIVING A COMPLETE LIFE IS DRINKING OUR CUP
UNTIL IT IS EMPTY, TRUSTING THAT GOD WILL
FILL IT WITH EVERLASTING LIFE."

Henri Nouwen

reflection

CONSIDER THE DREGS IN YOUR LIFE. THE PARTS OF YOUR LIFE, OR SELF, THAT YOU VIEW WITH DISGUST, THAT YOU WANT TO REJECT. THE RESIDUE FROM PAST EXPERIENCES THAT YOU STILL CARRY.

WHAT ARE THE "DREGS" IN YOUR LIFE THAT COME TO MIND?

POUR YOURSELF A CUP OF DRINK. LOOSE LEAF TEA, MULLED CIDER, OR GRAB YOUR HOT CHOCOLATE WITH MARSHMALLOWS - YOU CHOOSE!

THIS DRINK IS MADE ALL THE MORE DELICIOUS BY WHAT WILL BE THE DREGS -- THE SPICES, THE LEAVES, THE MARSHMALLOWS.

IS IT POSSIBLE TO IMAGINE THE DREGS OF YOUR LIFE AS ADDING FLAVOR AND TEXTURE TO YOU AND YOUR STORY? HOW MIGHT THEY DO THIS? WRITE DOWN ANYTHING THAT COMES TO MIND.

celebrate & meditate

Yahweh is holding a cup filled with a heady blend of drink; he will pour it, they will drink it to the dregs, all the people on earth will drink it. Psalm 75:8

OPTION 1: IF YOU'RE IN A CELEBRATORY, SOCIAL MOOD, FIND A FRIEND & INVITE THEM TO HAVE A DRINK WITH YOU. SHARE A JOY FROM YOUR LIFE, & INVITE THEM TO SHARE A JOY FROM THEIRS. CELEBRATE THE GOODNESS OF LIFE & GOD'S GREAT LOVE FOR BOTH OF YOU.

OPTION 2: IF YOU'RE IN A REFLECTIVE, MEDITATIVE MOOD, IMAGINE JESUS ASKING YOU THIS QUESTION: "CAN I OFFER YOU SOMETHING TO DRINK?" AS YOU ACCEPT AND SELECT THE CONTENTS FOR YOUR CUP, TAKE IN ALL THAT YOU PUT INSIDE OF YOUR CUP - THE COLOR, SHAPE, TEXTURE AND SIZE. AS YOU DO, NOTICE IF YOU SENSE OR FEEL ANYTHING ELSE.

BRING YOUR CUP TO YOUR NOSE, SMELL ITS CONTENTS WITH YOUR FULL AWARENESS. NOTICE ANY MEMORIES, SENSATIONS OR REACTIONS IN YOUR BODY.

TAKE DRINK, WITHOUT SWALLOWING - ALLOW YOUR DRINK TO ROLL AROUND IN ALL OF YOUR MOUTH. NOTICE THE FLAVOR AND TEXTURE, AND PHYSICAL SENSATIONS IN YOUR BODY.

TAKE ANOTHER SIP. NOTICE THE FLAVOR, AND THE CHANGE OF TEXTURE. AS YOU SWALLOW SLOWLY AND NOTICE THE SOUND & MOVEMENT OF SWALLOWING.

AT THE BOTTOM OF YOUR CUP, YOU WILL FIND THE DREGS OF YOUR DRINK. LOOK AT THEM. TAKE THEM IN WITH YOUR SENSES. HEAR JESUS' QUESTION, "CAN YOU DRINK THE CUP? CAN YOU EMPTY IT TO THE DREGS?" AS YOU ARE READY, LIFT YOUR CUP TO YOUR MOUTH, AND FINISH YOUR DRINK TO THE DREGS. NOTICE THE GRIT, THE RESIDUE AND REMIND YOURSELF, "THIS IS THE FLAVOR & TEXTURE OF MY DRINK."

AS YOU EMPTY YOUR CUP, THANK YOURSELF FOR DRINKING TO THE DREGS & THANK YAHWEH FOR THE PROMISE YAHWEH GIVES OF FILLING YOUR EMPTY CUP ONCE AGAIN.



"IT IS ONLY LOVE -
PURE, UNRESTRAINED
AND UNLIMITED LOVE.
COMPLETELY OPEN,
COMPLETELY FREE."

VI.

yes

"IT IS ONLY LOVE - PURE, UNRESTRAINED AND UNLIMITED LOVE. COMPLETELY OPEN, COMPLETELY FREE. THAT INTIMACY GAVE JESUS THE STRENGTH TO DRINK HIS CUP. THAT SAME INTIMACY JESUS WANTS TO GIVE US SO THAT WE CAN DRINK OURS. THAT INTIMACY HAS A NAME, A DIVINE NAME - THE HOLY SPIRIT. THE HOLY SPIRIT WILL GUIDE US AND GIVE US STRENGTH AND COURAGE TO KEEP SAYING YES TO THE GREAT QUESTION."

Henri Nouwen

reflection

WHAT HAVE YOUR "YESES" TO JESUS LOOKED LIKE OVER YOUR LIFE? IN WHAT WAYS HAVE YOUR YESES BEEN EASY, AND WHAT WAYS HAVE YOUR YESES BEEN HARD? _____

TODAY, WHAT DOES IT MEAN FOR YOU, TO ENTERTAIN A "YES" TO JESUS? ALLOW SPACE FOR YOUR HEART TO RESPOND HONESTLY, EVEN IF THERE ARE "NO'S" IN THERE. LET YOUR "YES" AND "NO" BOTH SPEAK IN YOU AND TO YOU. _____

AS YOU REFLECT, TRY THIS PRAYER, "ABBA, LET IT BE AS YOU, NOT I, WOULD HAVE IT" (MATTHEW 26:39). IMAGINE WHAT IT LOOKS LIKE TO FULLY SURRENDER ALL THE "NO'S" THAT RISE IN YOU - AND TO ALSO TRUST THAT YOUR "YESES", WHILE ATTACHED TO NO GUARANTEED REWARDS, ARE INTIMATELY ATTACHED TO ABBA'S PURE, UNRESTRAINED, UNLIMITED LOVE FOR YOU.

TAKE A PULSE NOW ON YOUR HEART. WHAT ARE YOU FEELING? WHAT EMOTIONS ARE YOU IN TOUCH WITH? _____

invitation & verse

John and James had not the faintest idea of what they were saying when they said yes. They hardly understood who Jesus was. And even yet, they had been deeply touched by this man Jesus.

Henri Nouwen

- TAKE A CHAMPAGNE-COLORED TILE, REPRESENTING YOUR HEART AND ITS EXQUISITENESS.
- TAKE A FEW OTHER COLORED TILES, REPRESENTING TIMES WHEN YOU HAVE BEEN DEEPLY TOUCHED BY GOD - EVEN WHEN YOU HAVEN'T FULLY UNDERSTOOD HOW OR WHY.
- TAKE A FEW MIRRORED TILES, REPRESENTING YOUR DESIRE FOR THE CLOSENESS OF GOD AT ALL COSTS.
- TAKE YOUR FAVORITE TILE AS A WAY TO SAY YOU ARE UP FOR THE JOURNEY OF GRADUALLY DISCOVERING WHAT YOU HAVE SAID YES TO.
- FILL YOUR CUP WITH THE MYSTERY, THE LOVE, AND THE UNIQUENESS OF YOU AND JESUS.
- EMPTY YOUR CUP AT THE CENTRAL MOSAIC STATION, WITH A DESIRE TO FILL IT UP WITH MORE AND MORE YESES (AND MORE NO'S).



THE ANSWER

The answer to the question Jesus poses,
"Can you drink the cup that I am going to drink?"
is an answer that will have a different meaning
every day of our lives.

today the answer is your own:

