

Carmelite Book Club

Searching for and Maintaining Peace

by Father Jacques Philippe

Week 1 | Introducing *Searching for and Maintaining Peace*

In this first week, make sure all your group members have a copy or are in the process of ordering *Searching for and Maintaining Peace*. Establish a meeting time to start off your book club.

Suggested Meeting Schedule:

1. Start off with a prayer and welcome the peace of His presence.
2. Cultivate a safe and supportive space for sharing by establishing some group rules.
3. Reflect and share:
 - o Why do I want to participate in this book study?
 - o Do I have any particular expectations for the book study?
4. Let's start diving into the book! Together, read the summary of the book below.

"Experience will show you that peace, which fills your souls with charity, the love of God and of your neighbor, is the road that leads directly to eternal life." ~ Juan de Bonilla

Summary:

Searching for and Maintaining Peace was written by Fr. Jacques Philippe, a member of the Community of the Beatitudes in France, who is also a well-known spiritual writer and retreat master. The purpose of the short book is to assist the readers on the way to growth in holiness by developing greater love for God and neighbor through acquiring and keeping peace of heart. The agitation so prevalent in our modern world affects our spiritual lives and hinders this development. Fr. Jacques Philippe first helps us to understand how essential peace of heart is for are growth in holiness. Then, he discusses several situations where peace is frequently lost and how to approach them. Finally, he shares insights from different saints regarding searching for and maintaining peace.

5. Watch this week's video reflection from Sister Mary Joanne.
6. Reflect and share:
 - o What are the specific areas in my life where I hope to find greater peace?
 - o In what ways am I preparing to receive the graces God has in store for me?
7. We are already starting to really seek the peace that only God can give us! Are you excited yet? Now it's time to commit! Commit to a reading schedule for the next three sections of the book. Make sure to also have an open communications line to support and remind each other in between each meeting.
8. End with a prayer and share the sign of peace 😊