

Reflection for July Drumbeat from Kevin Anderson, MN Region

The Illuman program (embracing all the work of MALES) is graced to include many spiritual men. These men have come from diverse practices and assorted denominations. We can even boast that many of our men have taken on leadership roles within their faith traditions. I believe that this makes us stronger, adds credibility to our mission and begins to challenge the status quo of most denominations.

As a Catholic priest, I have found that all of doings of MALES have added to the richness and wholeness of my ministry. I know that I am a better priest because of the challenge, support, wisdom and humor from men that I have gotten to know through Illuman (and MALES).

With that said, I would like to share with you 30 things that I have learned in my 30 years as priest . . .

Do not love people for who they hate. Do not hate people for who they love.

My AAA for soulful living: awareness; acceptance; accountability.

Three things I need every day: good sleep; good exercise; good prayer.

During my MROP, I confronted the self that God is in love with.

Ways men become closer: sweating together; praying together; bareness together.

Before original sin there was original blessing.

Running on a treadmill is a workout; running outside is spirituality.

Trees do talk. They say, "We are all one, we all belong."

For effective prayer, tell God two things about your day . . . an obstacle, a gratitude.

The best way to learn something is to teach it.

All places are holy, but some are conduits for soul-work.

We hurt (and are hurt by) those we most love.

As one ages, less is better . . . less food, less ego, less need to be right.

When I am hushed in wilderness, I remember who I am.

Ministry is like entering into the artery between another and God.

I sing to feel "God's pleasure."

Not all open-minded people are peaceful, but I have yet to meet a peace-filled person who wasn't open-minded.

I work out just enough to be "expedition ready."

If my homilies have any significance, it's only because I am the one who needs most to learn the lessons.

I pray not to transform God, but to transform myself.

To find freedom . . . accept your boundaries.

Stand tall . . . in ethics, in posture, in confidence.

To rediscover God: strive to fall in love each day.

Skinny-dipping is good for the soul.

"Not to be trusted" is the deepest wound one can experience.

What youth desire most from adults . . . authenticity.

Family can become friends. Friends can become family. Seek both.

Sipping one glass of wine is finer than gulping the barrel.

The best way to lead is to hire a great staff, then get out of their way.

Losing those few extra pounds is like wetting yourself in dark pants . . . you get a warm feeling inside, yet no one notices.