



Buen Camino

Newsletter of Fr. Michael Fish, OSB, CAM

The spirit of Summer

I conducted three, eight-day retreats in succession during the month of July, not the most prudent scheduling in hindsight, however the situation was redeemed by beauty. Each venue was unique. Two retreat houses were on the sea and the third was an 80-year-old building built on classic monastic lines with an exquisite cloister garden. Beauty presented itself at every turn.

Amazing what beauty and a change of venue can do. At each of the retreats I witnessed grey faces, tense bodies and tired eyes being rejuvenated simply by beauty, rest and a new environment. It hasn't got to be an eight-day retreat. I know a couple, who because of circumstances, can only afford a day away from their home/office and bustling city, (they call it a "day-cation") in the country and the same magic occurs.

Pulling the geographic, even while directing retreats, something shifts, opening me to the surprise of the spirit. Early morning walks, a swim or a hike in between conferences shifts energy and old patterns of thought and behavior giving the Beloved an "in." Summer lends itself to this, the early morning light and the long evenings make each day a mini Camino.

One of the early Church Fathers compared the sun to the Trinity, seeing the sun as a reflection of the Trinity – The energy of the sun the Creator God, the I AM, the light of the sun symbolizing Christ, the warmth of the sun as a symbol of the Holy Spirit.

I have adopted the habit of "Adoration of the Trinity," sitting in the sun, eyes closed, basking in God's energy light and warmth – a mini retreat.

This month how about sabotaging ourselves with a change of routine, honoring our soul and body, by exposing them to the seductive Spirit?

Love, ,

Michael

The Fire

*Listen, I've light
in my eyes
and on my skin
the warmth of a star, so strange
is this
that I
can barely comprehend it:
I think*

*I'll lift my face to it, and then
I lift my face,
and don't even know how
this is done. And
everything alive
(and everything's
alive) is turning
into something else
as at the heart
of some annihilating
or is it creating
fire*

*that's burning, unseeably, always
burning at such speeds
as eyes cannot
detect, just try
to observe your own face
growing old
in the mirror, or
is it beginning
to be born?*

– Franz Wright
God's Silence

Last Call: An Evening with Michael in Sierra Madre

Don't miss out on the special evening with Michael, August 22nd, at Mater Dolorosa in Sierra Madre, CA. Supper at 6:30PM, Michael will speak at 7:30. For information and to purchase tickets (\$35) visit:

<https://materdolorosa.org/an-evening-with-fr-michael-fish/>

CDs to be phased out

With the increasing popularity of downloads and the costs involved with inventorying CDs, it has been decided that Michael's existing CD titles will not be reissued once sold out. If you prefer CDs, now is the time to act. Each is a full retreat, consisting of 5 talks, totaling over 5 hours in length. Visit:

<https://store.cdbaby.com/Artist/MichaelFish>

2021-22 retreat scheduling

Michael will be on sabbatical the entire of 2020. If you are an organization, group or retreat center interested in booking Michael for an event in 2021-22, please contact Laura Hipke, (818) 248-4747 or laura@hipkes.com.

Support needed for Michael

Many are not aware that Michael is entirely self-supporting, receiving no financial assistance apart from his own ministry. Your tax-deductible donation to Hermit Fish, his 501(c)(3) nonprofit organization, helps to sustain Michael's ministry. Gifts of any size are greatly appreciated. FID: 82-2489475

Visit: <https://www.hermitfish.com/donate>

Michael's Upcoming Events

AUGUST

22 | **An Evening with Fr. Michael Fish**, Mater Dolorosa, Sierra Madre, CA. Info: (626) 355-7188

23-25 | **Cave of the Heart III**, Mater Dolorosa, Sierra Madre, CA. Info: karenjudson43@gmail.com

OCTOBER

17 | **Journey into Contemplation**, Mary & Joseph Retreat Center, Rancho Palos Verdes, CA. Info: (310) 377-4867 x234

18-20 | **Merton's Mirror**, Mary & Joseph Retreat Center, Rancho Palos Verdes, CA. Info: (TBD)

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