

IMPULSE

03 | 2023

For Daily Living

A photograph of a wooden bench on a grassy cliff overlooking the sea. The bench is made of dark wood and is positioned on a grassy slope. The sea is visible in the background, with some wooden posts sticking out of the water. The sky is blue and clear.

*My Bench
by the Sea*



Sekretariat Pater Josef Kentenich

My Bench by the Sea

What were your first thoughts when you opened our new issue of Impulses?

- ✓ Exactly, that's where my longing goes: I would love to sit on this bench right now and let the calm swell take effect on me!
- ✓ The photo reminds me of vacations, free time, and my anticipation grows for the next trip.
- ✓ For me, this photo is associated with vastness and freedom. Looking at the sea, I can dream and simply leave suffering behind me.
- ✓ Are you one of the lucky people who are on vacation these weeks and can just enjoy a bench to rest somewhere?

Perhaps you are currently in circumstances that don't allow for a vacation and rest. If anything, you feel totally challenged or even overwhelmed! It could also be that financial concerns make additional spending on a vacation not even possible for you. A number of you probably cannot think about changes at all because of a current illness, or perhaps your increasing age doesn't allow for a longer trip at all.

No matter what situation you are in at the moment, the image with the bench by the sea could invite you to spiritually take a seat there, and take a breather.

Sometimes just a few minutes are enough to sort out your thoughts and let a little vacation mood arise. For example, Mrs. B. wrote to us a few weeks ago about how she takes care of short moments in her everyday life that lift her up and, above all, don't let her forget her gratitude. Even as a child, she said, she learned from her parents that joy and happiness don't depend solely on external things..

„At the moment, we are experiencing a most beautiful season. There are very many white blossoms of hawthorn, blackthorn, and wild cherry are blooming in the hilly landscape, and the gardens become colorful. This is good for the soul after a rainy winter and draws me outside early in the morning to admire everything. Now it's 6:00 o'clock in the morning... yesterday at this time a deer ran around the house, and on the road ducks led their ducklings for a walk. That's a good time to recharge my batteries, ..."

In a litany of gratitude, someone wrote:

"I am grateful ...

_ for having to mow the lawn, clean the windows, and clean the gutters; because that means; that I have a home.

_ for the alarm clock ringing in the morning; because that means I have another day to live.

_ for the woman next to me who sings off-key; because that means I can hear."
(Christina Reftel)

Taking a break on the bench, noticing the little things and giving thanks for them helps not to take everything for granted and to discover God behind it.

When Father Kentenich returned from the Dachau concentration camp in 1945, he first stayed in the village of Ennabeuren for a few weeks. He used the daily sermons to help the parishioners through the difficult days after the war and to point the way to a new future. Among other things, he suggested we ask ourselves:

"Where did God meet me today? Where did he greet me? Where was he good to me? ... You will then discover ever more gloriously the infinite ocean of God's love and fatherly care and mercy. You learn to give thanks." (Our Marian Mission, 41)

Perhaps you will be inspired by the cover picture and the Impulses to look for "your

bench", to really or mentally take a seat on it and to contemplate "your ocean". During his lifetime, Father Kentenich could often invite his visitors to sit down. He would say, "You may tell me anything, I am listening."



This Founder's Bench still exists today near the Tabor Shrine in Schoenstatt. For us, it says in the men's magazine, (cf. "The Schoenstatt Man" then: "You may tell me anything, I 3/2016) this Father's Bench is a very important element. We can sit with - on the bench, tell him and experience him there as Father.

Sr. Gisela-Maria Mues

Impulse for Life

How secure is a little breathing space, a few minutes on my bench by the ocean?



Testimonies

This is how I experienced Father Kentenich

Testimony of Jürgen Jantos, Schoenstatt Men's Federation

"I would like ... to make fundamental reflections for the whole future of our Men's Movement ... For the things we are discussing here with one another are of fundamental importance for the future ... All that we do to carry out the mission of the dear Blessed Mother in the present and coming times has the ultimate goal of serving the glory of the Father (God) ..."

Father Kentenich spoke these words on June 18, 1966, in the house chapel at the training center on Mount Schoenstatt. At this talk, which went down in history as the new founding talk of the Schoenstatt's men's communities, men from the various Schoenstatt branches were present. These words of Father Kentenich inspired me.

Since the beginning of the 60's, I belonged to a group of the male Schoenstatt youth who were making greater efforts to live a spiritual-religious life in everyday life, for example, by keeping a meaningful schedule with daily morning and evening prayer, spiritual impulses, and a resolution for self-education.

I met Father Kentenich as the founder of the Schoenstatt Movement for the first - and unfortunately only - time in person on that said June 18, 1966. At that time, I was 27 years old, unmarried and a young policeman in Berlin. It was a time of

upheaval and revolution. Demonstrations of the '68 movement were the order of the day, and we policemen were constantly on duty.

On this June 18, 1966, I was on my way to France with two friends who also belonged to the Schoenstatt Youth, and we made a stop in Schoenstatt. In the Shrine on Mount Schoenstatt, the first thing that took place was a ceremony in which some men sealed their Covenant of Love with the Blessed Mother. To their great joy, Father Kentenich was present. He expressed afterwards:

"Through the consecration, the Blessed Mother walks with us!

...Holiness consists in knowing nothing more in my life than to acknowledge the will of the eternal Father God: to say yes to the will of God. You have just expressed this very beautifully in your private, personal prayer of consecration: how you prepare yourself to say yes also to everything hard that is in God's plan for your life..."

After this consecration ceremony, Father Kentenich wanted to give an address in the training center for all men present.

He impressed me very much

Between the consecration ceremony and this talk, the following incident occurred: Brother Joseph M. Grill, my two friends and I were standing in front of the training center when Father Kentenich came from

the shrine on the mountain. He stopped with us and we were introduced to him: I as the young policeman from Berlin. Father Kentenich had 'fixed' me with his eyes. I had the impression that he could look into your soul with his gaze. And that impressed me very much. Whether there was a personal exchange of words, I can no longer say. I only had the feeling that he looked at me and perceived me as a person.

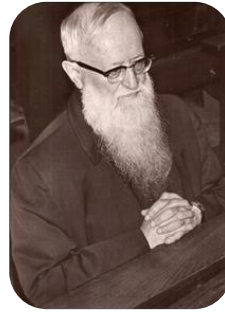
Then we all went with Father Kentenich to the house chapel of the training center and took our seats in the front row to listen to the address.

He gave me a groundbreaking impulse

After the talk, Mr. Grill and I left the house chapel right behind Father Kentenich and hurried after him. A Brother of Mary, encouraged me to ask Father Kentenich for his autograph. I hurried after him and asked for the autograph. Fr. Kentenich refused this request. At first I was confused and did not understand his reaction. However, I believe that Father Kentenich did not want to be seen as a "star" and therefore, did not give me an "autograph." Such external signs were unimportant to him, but I understood that only later. The Brother of Mary, Joseph M. Grill, then spoke briefly with Father Kentenich. Then he gave me a sign to follow him. We went into a room and Father Kentenich sat down at the desk and wrote:

I firmly trust that no one will be lost who lives his covenant of love in loyalty. J. K.'

He then went on to write a similar dedication to other men. I was happy to



have received this direction. And the encounter with Father Kentenich taught me that it is not external signs such as autographs that are important, but that it was important to the founder of Schoenstatt to transmit profound values and suggestions, values that "pull upwards" or help to shape life in a meaningful and purposeful way.

Since then, Father Kentenich has become for me the guiding figure who - still today - has something to say to me.

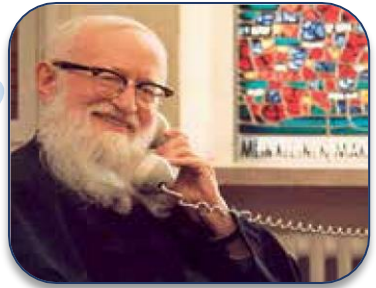
This founding word written by him was for me a significant and groundbreaking impulse for life.



Foto: Archiv Männerbund / 18. Juni 1966 Schulungsheim

Jürgen Jantos has been a member of the Schoenstatt Men's Federation since 1967

He Helps



CANCER

During a normal blood check and subsequent biopsy, my husband was diagnosed with aggressive prostate cancer. Radical surgery revealed that there was still a micrometastasis in the surrounding tissue and subsequent radiation treatments were ordered. At the first follow-up, the result was very positive. The next control brought an even better result. Many people, including the Sisters of Mary in Borken, prayed for our cause. We thank the MTA and Fr. Kentenich for the answers to our prayers and continue to pray the novena every day. As promised, we wanted to publish this answer to prayer.

M. u. A. H. – Mai 2023

PLACE FOR NURSING CARE

My husband, 83 years old, started having depression four years ago and it showed the beginning of dementia ... During the last year, especially since Easter 2022, the problems became much worse. It was very hard for me that he could not be helped anymore. Actually, I almost did not dare to pray a novena, because I thought I must expect that then a change would come, and I was also afraid of that. Three

weeks ago, I decided to pray the novena "Longing" with Father Kentenich. My children have been supporting me for a long time and they applied for a foster place in June 2022. We were given little hope. My daughter gave regular notice to the responsible office as our situation worsened day by day.

My novena for Father's intercession ended on 11/14. Already on 11/10 we received a call that a place had become available and already on 11/15 my daughter and 31-year-old grandson took my husband there. It turned out to be one of the best facilities for dementia patients with specially trained staff. The best part is that he loves being there and feels comfortable. I almost couldn't believe there was help I never expected and am very grateful.

J. W. Austria - Nov. 2022

SPOUSE

My daughter had been looking for a Christian spouse for some time. We supported her through our prayer to Father. Now she has met a faithfilled young man who shares my daughter's

values. In January they will be engaged and on August 15 they will get married. We are convinced that Father Kentenich has helped our daughter to finally find the right path. You are welcome to publish these lines.

M. N. – März 2023

KINDERGARTEN PLACE

My granddaughter was in a bad private kindergarten. I prayed to Father for a place in a Catholic institution where she would also receive religious education. Although the registration deadline had long since passed, we still received an acceptance. Thank you Father Kentenich!

T. M. – Febr. 2023

NO MALFORMATION

During the prenatal examination, a thickening of the nuchal fold was detected in the expected baby, indicating a possible malformation. Full of confidence, we prayed a novena to Father Kentenich for this intention. Full of gratitude, we can inform you that the fold in the baby's neck has disappeared. You are welcome to publish the answer to your prayers.

M. G. – Febr. 2023

HELP WITH RENEWED ILLNESS

Several years ago I had a severe bowel disease. It seemed that it was cured after two years of intensive treatment. It was like that for about four years. However,

last year the typical symptoms reappeared, not much, but it was enough to make me very worried. I asked Father Kentenich for help. After the end of a novena, all signs of the disease had disappeared ... including today.

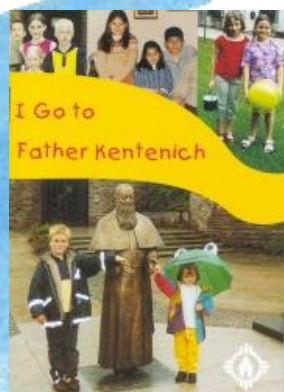
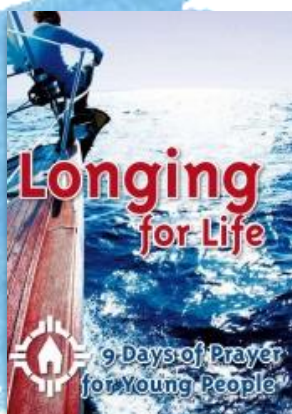
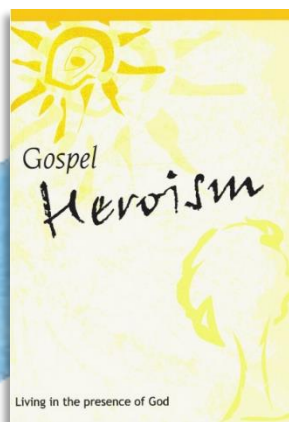
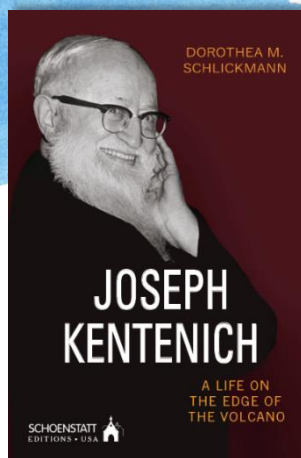
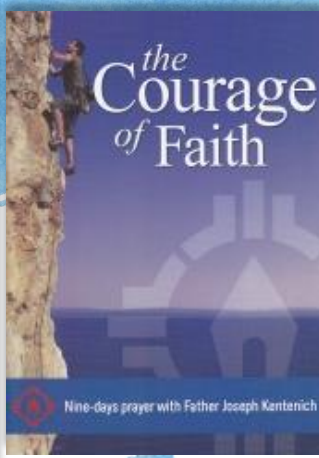
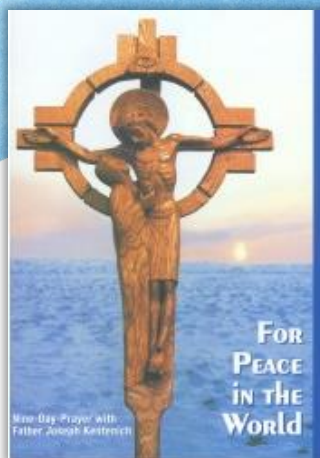
M. G. – Febr. 2023

RIGHT TREATMENT

In June 2022, I got blisters on my feet that filled with fluid. My feet were hot and burning. The dermatologist diagnosed an autoimmune disease that could only be treated with a certain cortisone paste. Although I knew that I couldn't tolerate cortisone, I agreed. By the weekend, I was feeling really bad. At night my feet burned so badly that I could hardly sleep. I prayed to Father Kentenich and to the Blessed Mother. Then I remembered an acquaintance who had worked in a large pharmacy which had a homeopathic department. She told me about the pellets that I should take in a certain dosage. She also promised me her prayer to Father Kentenich. After a few days the blisters disappeared. At first a small brown spot remained, but with time it disappeared. I am firmly convinced that Father Kentenich helped, and I would like to thank him for that.

M. K. – März 2023

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Whenever this pamphlet directly or indirectly states that Father Kentenich is a "saint" it is always the expression of private opinion. The decision of the Church is in no way anticipated.