

## Demand System Exercise

We're going to approach the demand system issue as something to meditate upon, ponder, reflect on. I'm hoping for a process that allows the participants to slow down and see clearly.

So, we're not going to focus on solutions and ways to fix ourselves. Let's seek God's Peace and Wisdom first. The session will be designed to set off in each of us a process of reflection. Our guess is that most of us will find themselves making changes in the following months.

The process will look something like this:

### **Advance work:**

1. Creating a map of our demand system (should take about 30 minutes +/-)
  - a. Take a blank piece of paper.
  - b. Write your first name in the center.
  - c. Around your name, write down the groups, people, time uses, and so on that you give time and energy to. Everyone and anything that "demands" time and energy from you. That expects, longs for, hopes for – your time and attention. Don't try to make it neat and orderly. It may help to focus your attention on the past month or so. Don't concern yourself with placing the "important" items closer to your name. Just write things down as you think of them. Add to it in the follow days as additional things come to mind.
  - d. Look over the sheet. Circle items that take more of your time and energy. You can make the line heavier to indicate those that take more.
  - e. Have that sheet of paper with you on the 14<sup>th</sup>.

The following pages are the demand system maps Robert Gallagher created. One is for the time he was a parish vicar (1977) and the other is more recent. They're provided to help you get an idea of what we're looking for in the exercise.

2. Read the attached in demand systems

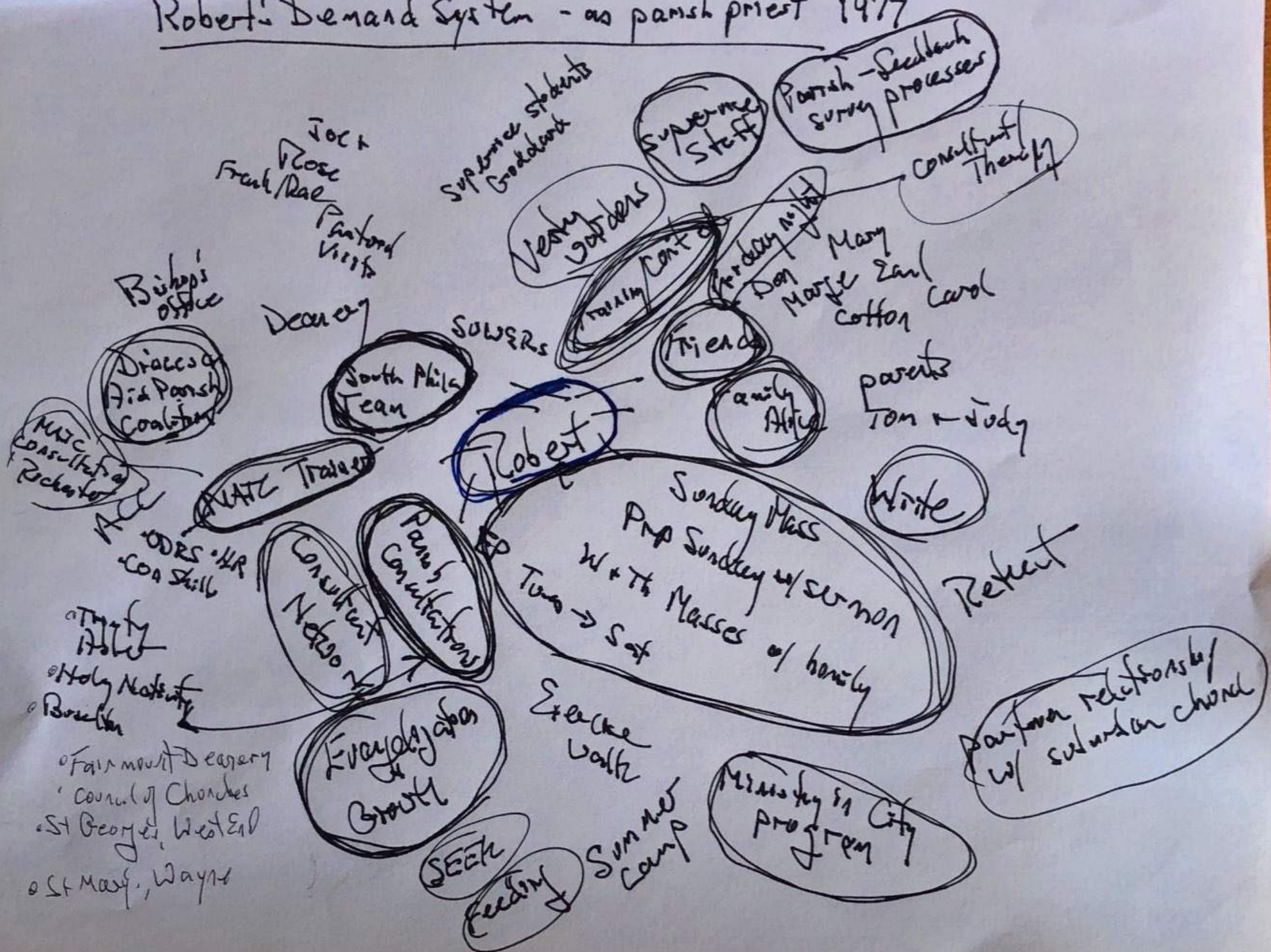
### **Your admission ticket on July 14:**

We'll begin the session by each person holding up to the camera their demand system map.

### **The session:**

On the 14<sup>th</sup> you'll be led through a series of steps allowing you to further reflect on your demand system. There will be a focus on our inner life and how that impacts our demand system. There will be some silence. Our Presiding Sister will offer a meditation.

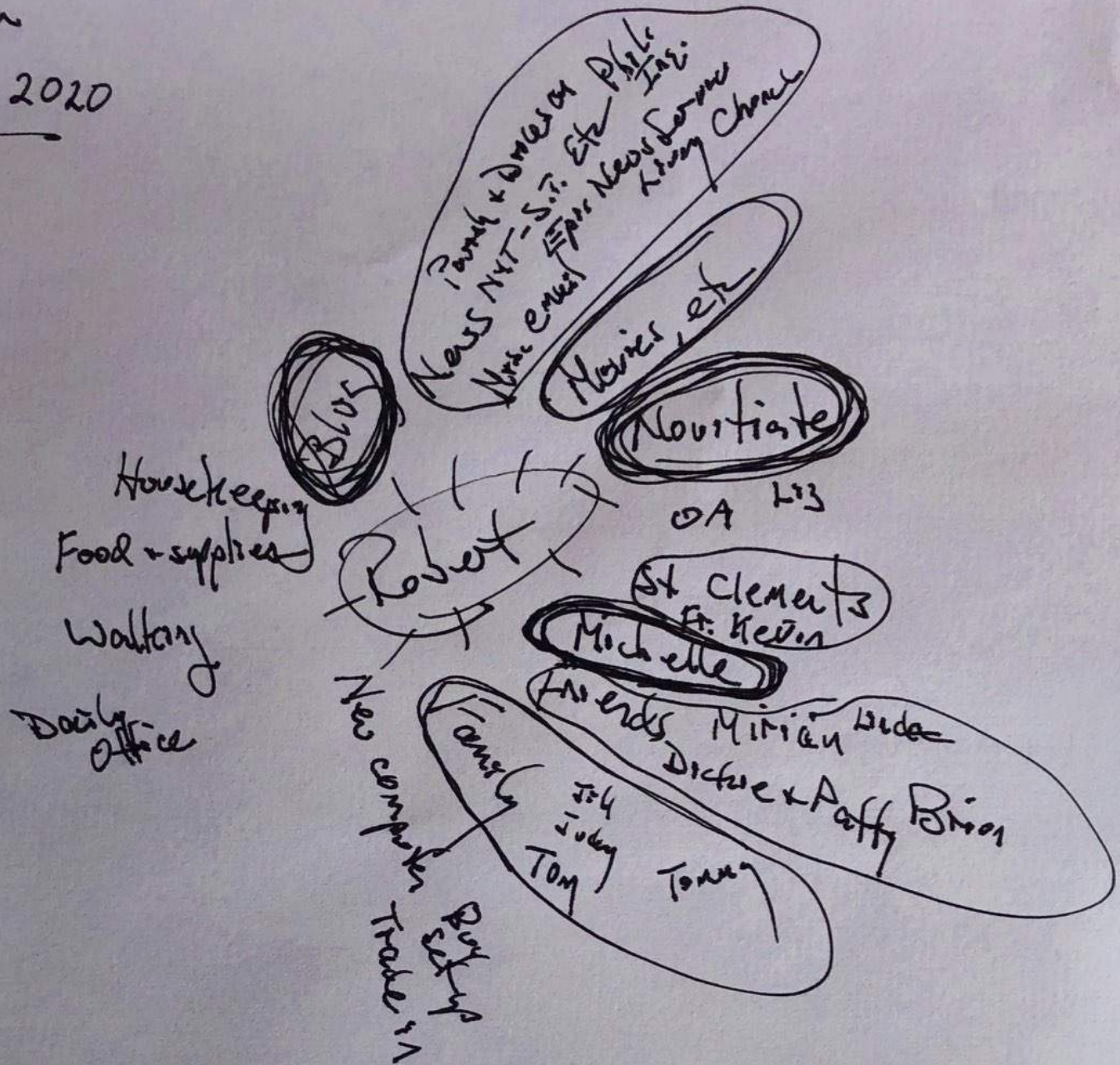
# Robert's Demand System - as parish priest 1977





# Roberts Demand System

May 8 - June 8 2020



## Initial reflection on my inner life and my demand system

I've been coasting along on the notion that I don't have much of a demand system because I don't have a job or many people with fairly defined expectations of me. Though there are some and I seem to discount them by such drifting.

I have energy problems since the cancer and, of course, getting older also plays a role. It does effect what I'm able to manage. And, it's also true that I seem to allow that to be part of the wandering. Gives me a good rationalization.

I think I have settled into the idea of under-performing. I have, at times, allowed myself to only go with whatever spontaneous energy hits me (very INFP of me). And there we are, another truth but also useful rationalization; the INFP problems -- my impulse to put things off until moved by the Spirit, or an earthquake.

Then there's my friend Michelle. It's true, and reasonable, that I find it easier to press on with the work when we do it together. She creates for me a useful part of my demand system. So, when she's pressed by her demand system of a real job, a husband, and her limitless imagination and creativity—and therefore doesn't have time for our common work—I watch Netflix. If I can work up some annoyance with her inadequate commitment to writing the ten books—then I get to watch more Netflix.

I think that does point to a loss of proportion and perspective—the sin of Pride. Possibly also a bit of Sloth—the numbing of the will, instead of taking my own life in hand, drift! And, too much Netflix may be a form of Gluttony. Hmmm, occasionally Anger—with its resentments and impatience.

The Holy Spirit has been generous in my life with gifts of courage and persistence. Even a bit of awe, piety, love of paradox, and openness—so, there's hope that with some more cooperation on my part, the Holy Spirit may help me engage what has to be engaged, set aside what is just too much wasted time and motion, and “carry on.”

Robert Gallagher, OA