

What are the desert dwellers' contributions to Christian worship and spirituality?

- “Our adversary the devil majors in three things: noise, hurry, and crowds. If he can keep us engaged in muchness and manyness, he will rest satisfied” (Richard Foster, *Celebration of Discipline*).
- Carlos Romani: the present generation “is the most distracted generation in human history.”



How can we best translate their insights (and avoid possible errors) into a modern setting?

- Sooner or later, we will all enter the desert.
- What is presently distracting us from the most important things?
- Consider the possibility of a media fast.
- The desert fathers and mothers are great coaches on some things, but not on others (the danger of an exaggerated asceticism, spiritual competitiveness, denigration of the body and its legitimate needs).

