



TASTE Reflection Questions
11 December 2025

Pray, Hope, and Proceed Stories of God's Providence

Julie Liotta



Pray, Hope, and Don't Worry ~ Padre Pio

1. What did you find most interesting or captivating about this talk?

What did you think about Julie recasting "Pray, Hope, and Don't Worry" to "Pray, Hope, Proceed" and "Communion, Trust, Action"?

2. Julie presented **ANALOGIES OF MANY PARTS OF WHITE WATER RAFTING** to our spiritual life.
(See next/back page)

- What did you think about this analogy?
- What are some of the most meaningful analogies or associated scriptures that she shared?
- How have you faced similar "rapids, rocks, and logs" and yet been spiritually strengthened/nourished?
- What does "getting others into the boat" look like in your life?

3. Julie shared a number of **PERSONAL STORIES**:

- The story about growing up fearful and her mother saying, "You can be brave because God makes us brave."
- The story about the Amish camping trip where they did a hike through a creek when a storm suddenly rolled in
- The story about how she would follow Capt. McWilliams anywhere because he cared about her and the mission
- The story about Julie falling out of the boat, getting back in, and then being fearful when approaching more rapids. At that point, she clung tightly to the raft vs. paddling through the rapids
- The story about conceiving and losing Maria, the impact on her marriage, her confession, and the happy ending

- Did you relate to some of these from your own past or present experiences?
- What did you think about how she overcame her fears?
- What did you think about the advice she gave about child-rearing?

4. Julie told a number of **FAMOUS QUOTES AND STORIES** (see [LINK](#)):

- Heidi and Peter searching for the source
- Quote from Charles Lindberg's wife Anne Morrow Lindberg
- The story of Saving Private Ryan
- G.K. Chesterton's quote about Christ choosing a weak man to be our first Pope
- About 100 Catholic school girls martyred for their Catholic faith during the Boxer Rebellion
- Quote from St. John Paul II (Also the last quote on next/back page)

- Which of these was most impactful and/or inspiring to you? What did you learn from them?
- How will you apply something that you learned from this talk in your own life?

RAFTING	SYMBOLIZE	DETAILS
The Headwaters	God the Father	• The Headwaters = The source / starting point of the river. • It is its highest point where we sense awe and wonder and something infinite. • God the Father = The Alpha and the Omega; The Beginning & the End.
The Mouth of the River	The Kingdom of God	• The Mouth of the River is its end point and empties into a vast Ocean • The Kingdom of God = The Kingdom of Heaven
The Powerful River	The Holy Spirit	• Rivers and flowing water are mentioned over 130 times in the Bible. • The Holy Spirit (like a river) represents power, what stays, and what takes us home (to Heaven) • Power – Matthew 3:11 – I baptize you with water for repentance. But after me comes One who [...] will baptize you with the Holy Spirit & <u>Fire</u>. • Power – Thessalonians 1:5 – For our Gospel did not come to you in word only, but also in <u>power</u> and in the Holy Spirit. • Power – The Gospel of Luke – The angel Gabriel speaking to Our Lady: The Holy Spirit will come upon you, and the <u>power</u> of the Most High will overshadow you.” • Source of Life – Ezekiel 47:9 — Wherever it flows, the river teems with every kind of living creature; fish will abound. Where these waters flow they refresh; everything lives where the river goes. • (Baptism) Cleansing of Sin – Mark 1:5 — People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins. • Takes us Home to Heaven – Ecclesiastes 1:7– All rivers flow to the sea, yet never does the sea become full. To the place where they flow, the rivers continue to flow.
The Guide in the Boat	Jesus	• Guides don't control the boat. They steer it. They find/direct the boat, navigate the river & go home. • Jesus (like the guide) is willing to get in the boat with us & go through it all with us. • Jesus (like the guide) steers us. He says, "I am the Way, the Truth, and the Life. No one comes to the Father except through Me." • We have to listen to Jesus (like the guide) and if we do, we will be ok. We can trust Him with our mission (our salvation) because He cares about us.
Land	The "World"	• The Land = Rapids, Rocks, Logs, Crevices, Cold Water (One can get stuck in crevices & drown). • The World = Temptations and the trials of life. In spite of dangers, it is better to be in the rapids going down the river (towards Heaven) than to be tempted to stand on the shore & watch it go by. • We can avoid suffering up until the moment when we can't. • Jesus says "In this world you will have trouble... but take courage, I have overcome the world."
The Boat	The Church The Faith	• Being inside the boat is the safest place when white water rafting. • Being in the Church and with Jesus & holding onto our faith is the safest place.
The Paddlers	All of us	• In freedom, we all decide to get into the boat with Jesus and trust Him to take us home.
The Safety Brief	The Church gives the safety brief	• Just as the safety brief warns us of the power of the water, the Church (though Scripture and Tradition) warns us of the temptations and gives us hope and truth in trials and suffering. • Our priests and even our Christian brothers and sisters help to guide us in this way.
Falling out of the boat	Being Lost in Sin & despair	• When, in our human frailty, weakness, & sinfulness, we fall out of the boat, God not only gives us the Sacraments of the Church, but He also gives us the Body of Christ to pull us back into the boat.
Being under the boat	Being thrown from of our safe place	• Being under the boat is the worst place to be. It is very dangerous. We need to remember the safety brief and follow the commands. We need to find the edge, grab the rope, pull ourselves up, and wait and hope that someone will pull us back into the boat. When fear kicks in, calm down. • When we are outside of our safe place of the Church and the Faith with Christ, we can fall into resentment, fear... disillusionment. This is a good time for Adoration and Confession.
Holding on vs. Paddling	Holding on to wrong things	• When we are in fear, we need to remember that God sent a Holy Priest who had surrendered His life for us. Instead of holding on to the wrong things, go to Adoration & Confession.
Calm Seas at end of river	The Kingdom of Heaven	• In both places, this is our final and desired destination. • We are on the journey moving towards it.
Invite your friends rafting & help them on the trip	Invite your friends to get in the boat with Christ.	• St. John Paul II said "Life with Christ is a great adventure.." We have to invite people to get off the shore... to get in the boat, to pull hard with them... to love Jesus... to listen to Him, trust Him, be in communion with Him... we have to help pull people out of the water... and we have to trust that one day we will be welcomed into the mighty, beautiful, calm seas of the Kingdom of Heaven.