

Impulses

03/2026

for Life

*Finding
inner peace*



Secretariat Father Joseph Kantenich



Finding inner peace

With the new edition of "Impulses for Life," we send you greetings from Schönstatt once again today. What is currently moving and occupying you will vary greatly. Seasonally, "vacation - holidays - relaxation" is perhaps a topical subject for many of you. For some, anticipation is growing because it is almost time, or longing is in the foreground to finally step out of the busy routine of daily life and take a break. It may also be that you belong to those whose vacation has already passed and who can look back with joy on beautiful experiences and encounters. For various reasons, not everyone will be able to take a vacation at all and do something that breaks out of normal daily life.

The photo on the cover—a deck chair, not exactly the latest model, but rather 'antique,' standing at the edge of a forest, perhaps near a small lake—doesn't it automatically awaken the longing to take a seat there, to rest, and to escape the hectic pace of daily life? Finding peace—that is a primal longing of human beings. More and more people in our fully technologized world feel nothing but driven and overwhelmed. They do not know where to start, and even when it becomes quiet around them externally, they do not find peace internally. It is a condition that we all probably know more or less, and one that can be found in all generations.

Teachers are sounding the alarm that children can hardly concentrate anymore, making the delivery of lesson material increasingly difficult. Even older people who are no longer in the workforce experience being unable to properly switch off. Programs offering suggestions on how to incorporate quiet moments and times of stillness into daily life are in high demand.

In a traditional story where a monk is asked why he can always react so calmly and serenely, he holds up a mirror to people. He describes how they behave and why. As a result, no peace can come from them. He says:

"When you stand, you are already running; when you walk, you have already arrived; when you sit, you are already striving forward; when you sleep, you are already waking up; when you eat, you are already finished; when you drink, you do not savor it enough; when you speak, you are already answering objections; when you remain silent, you are not collected enough; when you look, you compare everything with everything; when you hear, you are already thinking of questions again; when you read, you constantly want to know; when you work, you worry anxiously; when you pray, you are far away from God..."

I invite you to take a seat in the deck chair spiritually. The location itself already suggests external peace and certainly helps people simply switch off, if only for a few minutes. Looking out into the lush green of nature allows us to take a deep breath and helps us wind down.

Achieving external peace might often be possible, but what about inner peace—about letting go of worries concerning close family members, economic hardships, fears about the future, or the lack of faith in the rising generation?

Jesus also knows the need for rest, for both external and internal peace. In the Gospel, we hear him invite his listeners: "Come to me, all you who are weary and burdened, and I will give you rest." (Mt 11:28)

Jesus first thinks of people being tired from traveling. But then he immediately addresses the burdens that everyone brings with them. He is open to both, and he promises to give rest. Perhaps it is precisely this word from Holy Scripture that inspires and helps us to voice our current worries to God and leave them to Him.

Father Kentenich, who knew he was held by God in all circumstances of life, once remarked: "We must learn to become calm with the calm God. The calm God calms everything. The awareness that I am not alone, that God lives in me, should make me completely calm..." Let us try to take this conviction of Father Kentenich into our everyday lives and bring it to mind whenever restlessness spreads or when the burdens become too heavy. You do not always need a week of vacation; every now and then, a break "in a deck chair"—which the cover picture wants to remind us of—might be enough.

Occupational health physicians also point out the importance of breaks because, among other things, they minimize fatigue and increase performance. It is nothing new that breaks lead to recovery and ensure well-being. However, the hectic pace of everyday life—with its many demands of always faster and always more—sometimes makes us forget this.

It is worth intentionally incorporating breaks into our daily routine to connect with God, to pause, and to broaden our perspective. When we surrender our inner restlessness to HIM, then nothing can shake us anymore; then we can rest assured that we are held and supported, and we receive new strength and new courage to master the next day.

Therefore, I pray for and wish you quiet and calming moments in the coming weeks—whether at a beautiful vacation spot, at home in the garden, in a deck chair by the woods, in the midst of the daily hustle and bustle, or while accompanying people who need our full attention.

Pr. Gisela-Maria Mues

***"We must learn to become
calm with the calm God. The
calm God calms everything."***

Joseph Kentenich

News from the Secretariat Father Joseph Kentenich

Testimonies:

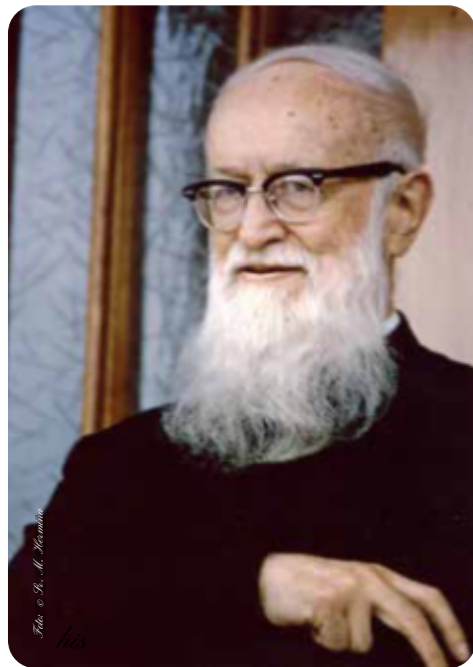
He exuded a sense of calm

"Saint John reports ... what he saw: At the feet of the One who sat on the throne, a crystal sea spread out (cf. Rev 4:6). This symbol is interpreted as the peace that radiates from God. Everything about Him is stillness, is calming.

Father Kentenich radiated calmness in an unprecedented way, which can likely be explained by his deep union with God and supernatural outlook."

"Once, in a circle of several priests, he was asked about the secret behind his calmness and the productivity associated with it. With a subtle smile, he gave the answer: 'You see, I have no background noise.' He wasted neither energy nor time on background noise. Someone who is calm can empathize with the person across from them. Father Kentenich, resting within himself, possessed the rare art of listening and discerning. He could also wait, just as a good father can wait. In his long life, he learned how to wait. In 1929, he spoke the prophetic-sounding word that in the 'shadow of the shrine,' the destinies of the Church would be significantly co-decided for centuries to come. At that time, there was only that one little Schoenstatt chapel, today called the Original Shrine.

In 1946, when Germany lay in ruins, one of his priestly co-workers asked him:



'Father, how could you speak those words about the shadow of the shrine back then with such certainty?' The answer came in all calmness: 'Let us just wait, we shall see.' He waited, and we waited with him. And we saw, and see with amazement: The Schoenstatt Movement is now flourishing in many countries around the world. More than eighty faithful replicas of the Original Shrine (Note: That was in 1981; today there are more than 200), connected with training centers, are already religious centers of Catholic life today."

— M. Annette Nailis, *How We Experienced Him*, p. 26 f.

A fellow prisoner, a priest, asked Father Kentenich the anxious question in Dachau: 'Will we ever get out of here alive?' Father Kentenich replied with absolute peace of mind: 'That is of secondary importance; the only thing that matters is the will of God.' He was a master at bringing together what has often fallen apart today: heaven and earth. 'The world,' he said, 'which represents our sphere of work, must not only be no obstacle to intimacy with God; rather, it wants to and must become the path and stepping stone to it.'

Ibid., p. 100f..

"In his Dachau book *So sah ich sie* [As I Saw Them], the former Reichstag member Josef Joos writes:

'Once again, we had walked the short little street between the barracks, three times back and three times forth. He spoke, and I listened. And once again, I was full of astonishment and admiration. This simple Pallottine, Father Kentenich, was outstanding in the universality of his thinking and knowledge, especially in his insights into the nature of human beings and leadership. What I believed I had come to understand over decades of practical, individual experience in the social and political movement, he saw in a wonderful interconnectedness. If I had ten reasons for my view, he had a hundred at his disposal as he unfolded all the details. And then: the soothing calmness that emanated from him, the striking certainty, and the overwhelming confidence!

The questions of doubt that are humanly so understandable—"How will things go for us next?" and "Will we make it back alive?"—seemed not to exist for him at all. I saw Father Kentenich in difficult situations smiling, completely calm, and without a trace of fear. It was not a lack of awareness that formed the basis of such an attitude, for he knew exactly what was at stake; nor was it intellectual pride, for he was humble and modest. The more I heard him, the clearer it became to me why he was so sought after for his retreat lectures in Schoenstatt. This priest and learned Pallottine, just as he was, had to attract tremendously or—repel, as is the case with all men of absolute faith..."

*Encounters with Father Kentenich,
compiled by the Schoenstatt
Women's League.*

Someone reports: 'Whenever I sought counsel from him, I was struck by the calmness and attention with which he listened. He questioned without being indiscreet, he encouraged, he gave direction and guidance... All of this happened with paternal kindness and great benevolence. For him, the person sitting before him—whoever they might be—was at that moment the most important of all people. He viewed this action as a service to God and Mary.'

Ibid., p. 138f.

News from the Secretariat Father Joseph Kentenich

He helps He helps

APARTMENT FOR A YOUNG FAMILY

Today, our daughter XX received the approval for an apartment. She is 33 years old and is having a child at the end of October. I prayed the novena "Sheltered in God" and entrusted everything to the intercession of Father Kentenich. ... I am grateful for this answered prayer, and my daughter is relieved.

May 2026/R. M.

GOOD OUTCOME

Our daughter works as a music therapist in a specialized clinic. During an unsupervised moment, a patient went missing and could not be found anywhere. The police were notified and searched for her through the media. Our daughter asked us for prayer. We stormed heaven and asked Father Kentenich for his intercession. After almost a week, exactly on May 18th (Covenant Day), the patient was found safe and sound. We attribute this good outcome to the intercession of Father Kentenich and request publication.

May 2026/H. H.

RENOVATION

Two room doors had to be replaced. We turned to a local specialist company that had very good reviews. Since we live in an old house, the full installation and connection work was not included in the initial quote and was to be billed based on actual time spent.



When the doors were installed, it turned out that one door did not fit. It had apparently not been measured correctly by the employee. As a result, demolition work on the masonry became necessary, substantial damage occurred, and the time required amounted to six hours each for the two employees. The work was neither satisfactory nor finished. With anxious hearts, we prayed for the intercession of Father Kentenich, as our budget was very limited. Even before the invoice was issued, my husband drove to the company in question to speak with the boss. Unfortunately, he was not there. The secretary said she would pass on the request and that the boss would call. It was an anxious wait! The following week the invoice arrived, and it only billed 1.5 hours of working time twice. In addition, there was a phone call from the boss, who apologized for the inconvenience and had a new invoice issued with an additional discount. We are very grateful and firmly convinced that Father Kentenich helped through his intercession, and we request publication.

May 2026/H. E. u. H. H.

INJURY DURING TREE PRUNING

In the spring, a good employee of our horticultural business cut off a fingertip with cordless shears while pruning trees—due to getting caught in the branches. The cut was diagonal toward his palm. We sisters and our employee entrusted this matter to the intercession of Father Kantenich. Today we can thank him from the bottom of our hearts for the help we experienced. The fingertip grew back and healed well. We hope that the remaining movement difficulties of the hand and arm will be resolved through the intercession of Father Kantenich. We give thanks and agree to publication.

September 2025/M.H.O.D.

JOB FOUND

After my daughter attended a further education program for two years and graduated with top grades, there were hardly any vacant positions. Since December 1st, she now has a job. Although she has to drive a bit further for it, she likes it, and she is also supported with further training and allowed to acquire additional qualifications. I have turned to Father Kantenich with my intentions many times before. This time, too, he helped. Thank you very much for his intercession.

Februar 2026/C.

Bicycle Accident

After a bicycle accident, from whose consequences he had quickly recovered, Th.—a father of four children—suffered a stroke.

he family's distress was very great. The ability to speak was gone, and paralysis was present. I prayed fervently to Father Kantenich for his intercession. It is like "a miracle" that Th. is considered cured again after just a few months. Speech and mobility are fully restored, and Th. was able to re-enter professional life. I can only give thanks for the intercession of Father Kantenich, which obtained God's help.

March 2026/M. B.

ANOINTING OF THE SICK

The father of an acquaintance suffered a stroke at the end of a rehabilitation program, which brought about a life-threatening condition. Since the clinic where he had been admitted is far away from his hometown, it was difficult to find a priest who could administer the Anointing of the Sick to the patient. I was informed about this and looked for ways to make the Anointing of the Sick possible. I also recommended this great intention to the intercession of Father Kantenich. It was striking how I was prompted to take further steps that led me to find a priest, who came to the hospital promptly to administer the Anointing of the Sick to the dying man. It is a great comfort to the family that this became possible. I thank Father Kantenich for his guidance and intercession

March 2026/M.B.



A cordial invitation to visit the Schoenstatt Cafe ...

... a cozy gathering space located inside the historic Father House at the International Schoenstatt Retreat Center in Waukesha, Wisconsin. It opened in November 2025, offering visitors a peaceful spot for fellowship, coffee, and homemade treats..

JUBILEE FESTIVAL

Schoenstatt Sisters of Mary

SEPT. 8-11 | 4:00-8:00 pm
Open House Activities

SEPT. 12 | 2:00 pm
Jubilee Day



MORE INFO



BRING YOUR FAMILY AND FRIENDS!

📍 W284N698 Cherry Lane, Waukesha, WI 53188



Publisher:

Father Joseph Kentenich Secretariat
Berg Schoenstatt 7, 56179 Vallendar
Telephone: 0261 6404-410
Email: sekretariat@pater-kentenich.org
www.pater-kentenich.org

Branch for the USA:

Secretariat Father Joseph Kentenich
W284 N698 Cherry Ln
Waukesha, WI 53188
(262) 522-4300

Responsible for content: Sr. Gisela-Maria Mues

Everyone who receives the "Impulses for Life" is included daily in the prayers at the place of grace, Schoenstatt.