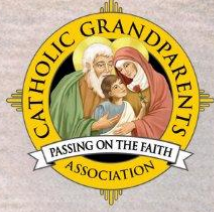


CATHOLIC GRANDPARENTS ASSOCIATION  
*Grandparents Faith Café*

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**GRANDPARENTS  
FAITH CAFÉ**  
An online social & spiritual space  
for Grandparents



***Ancient Monastic  
Eldership and Modern  
Grandparents***


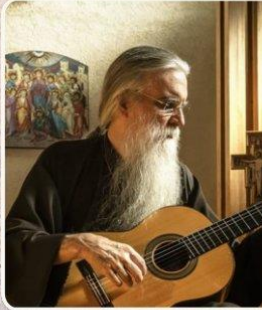
— *Keynote Speaker* —

***John Michael Talbot***  
Author · Musician · Songwriter

**- Tuesday, 12 May 2026 -**  
7:30pm UK • 2:30pm US Eastern  
(Please check your local time)

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*Please join us*



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***Ancient Monastic Eldership and Modern  
Grandparents***

*Session Transcript*

**Tuesday, 12 May 2026**

7:30 PM UK • 2:30 PM US Eastern

[www.catholicgrandparentsassociation.org](http://www.catholicgrandparentsassociation.org)

◆ ABOUT OUR SPEAKER ◆

## *John Michael Talbot*

**Author · Musician · Songwriter · Founder, Brothers and Sisters of Charity**

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John Michael Talbot is one of the most beloved and best-selling Catholic musicians of all time, with over 57 albums, more than four million recordings sold, and songs that have become beloved fixtures of Catholic worship across the world, including Holy Is His Name, Come, Worship the Lord, and Taste and See.

Born in Oklahoma City in 1954, John Michael came to faith through a remarkable spiritual journey that led him from country-rock stardom to Catholicism and, eventually, the founding of the Brothers and Sisters of Charity at Little Portion Hermitage in Arkansas, a unique monastic community he leads to this day as General Minister and Spiritual Father.

A prolific author of more than 35 books on prayer and the spiritual life, and a recipient of the Mother Teresa Award for his humanitarian work, John Michael brings a rare depth of faith, artistry, and pastoral warmth to the conversation. His May talk, “Ancient Monastic Eldership and Modern Grandparents,” draws on centuries of monastic wisdom to illuminate the sacred role Grandparents play today.

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◆ SESSION PARTICIPANTS ◆

*Keynote Speaker*

**John Michael Talbot**

*Host & Founder*

**Catherine Wiley**

*Closing Blessing*

**Cardinal Wilfrid Fox Napier**

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*With contributions from members joining from Ireland, Australia, the United States, England, South Africa, Italy, and beyond.*

◆ O P E N I N G P R A Y E R ◆

## ***Grandparents' Prayer***

*Written at the request of the Catholic Grandparents Association by Pope Benedict XVI*

*Prayed by Terry and Wendy O'Brien — Oxfordshire, England*

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*Lord Jesus, You were born of the Virgin Mary, the daughter of Saints Joachim and Anne.  
Look with love on Grandparents the world over. Protect them.  
They are a source of enrichment for families, for the church, and for all of society.*

*Support them. As they grow older, may they continue to be for their families,  
strong pillars of gospel faith, guardians of noble domestic ideals,  
living treasuries of sound religious traditions.*

*Make them teachers of wisdom and courage  
that they may pass on to future generations  
the fruits of their mature human and spiritual experience.*

*Lord Jesus, help families and society to value the presence and role of Grandparents.  
May they never be ignored or excluded, but always encounter respect and love.  
Help them to live serenely and to feel welcomed in all the years of life which you give them.*

*Mary, mother of all the living, keep Grandparents constantly in your care.  
Accompany them on their earthly pilgrimage, and by your prayers,  
grant that all families may one day be reunited in our heavenly homeland,  
for you await all humanity for the great embrace of life without end.*

**Amen.**

## ◆ WELCOME FROM CATHERINE WILEY ◆

**Catherine Wiley — Founder, Catholic Grandparents Association**

Good evening, everyone, and a very happy and blessed Easter season to you all. Thank you, Wendy and Terry, for praying Pope Benedict's prayer so beautifully. For those who may not know: we asked Pope Benedict to write a prayer for Grandparents, and he did. He composed that prayer especially for Grandparents, and it was the very instrument of evangelisation that started the Catholic Grandparents Association. As Father Peyton reminded us, the family that prays together stays together, and we pray that prayer at the beginning of every single CGA event, wherever it takes place in the world.

In this beautiful month of May, Our Lady's month, Queen of the May, we remember that the Catholic Grandparents Association began with a simple pilgrimage offered to honour the parents of Our Lady and the Grandparents of Jesus: Saints Joachim and Anne. It was a little gift offered to our Blessed Mother. And by God's grace, that little gift continues to grow. Every prayer, every pilgrimage, every Faith Café, every Grandparent quietly praying for their family. We place them like flowers in Our Lady's crown, and we ask her to place her mantle of love and protection around all our families tonight.

Our World Day for Grandparents and the Elderly takes place this year on the 26th of July, the very feast day of Saints Joachim and Anne. Pope Leo's theme for this year is: I Will Never Forget You. How beautifully it speaks to us all.

Tonight we have a man of music, of artistry, of love, of faith. Music united us. It gave expression to our hopes and our dreams, our restlessness, and our longing for something more. I was a young woman growing up in the 1960s and 70s, and honestly, music was everything to us. We had very little materially, but we had music: the radio, the dance halls, family gatherings, singing around the fire, friendships built through music and dancing. The 60s and 70s were extraordinary years. There was freedom, excitement, creativity, enormous cultural change. There was also war, uncertainty, and searching. Then, it was Vietnam. Today, it's the Middle East. And perhaps every generation, in its own way, searches for peace, unity, meaning, and hope.

Our world today is full of noise, distraction, media, pressure, confusion, and interruption. We no longer know how to be silent. We no longer know how to truly listen. And yet silence is where prayer begins. Silence is where healing begins. Perhaps one of the greatest missions of Grandparents today is not simply to teach faith, but to witness to peace, prayer, gentleness, endurance, perseverance, and hope within our families.

John Michael Talbot began as a rock musician with his brother Terry in the band Mason Proffitt, during the heart of the 1960s and 70s. And yet, in the middle of that noise and success, he encountered Christ, and that encounter changed everything. He didn't leave music behind: he consecrated it. He came from noise to silence. And in doing so, he showed that art, beauty, music, suffering, and searching can all become pathways back to God. A searching soul will always find God, and God will always seek for the searching soul.

John Michael founded the Brothers and Sisters of Charity at Little Portion Hermitage in Arkansas, where his retreat and spiritual ministry continues today. And tonight, we welcome not just a musician or a speaker, but a holy man. A powerful witness. A source of hope and inspiration. Please give a very warm, very loud welcome to John Michael Talbot.

## ◆ KEYNOTE ADDRESS ◆

**John Michael Talbot — Author, Musician & Founder, Brothers and Sisters of Charity**

After 50-some-odd recordings, and 35-plus books, I find myself going: it's time just to be still. And I also can't help but notice that the next generation, most of them have no clue who I am. So I did all these things in the church, yadda yadda yadda. But the next generation comes along, and they have no

memory of whose shoulders they are standing on, not just in terms of music or figures in the Church, but in terms of our families. So I think it's so important that we quietly insist upon the importance of the elders of our communities.

Today's topic comes from my book *The Journey East*, a 36-day retreat into Eastern Christian spirituality. It draws on the *Philokalia*, a collection of writings from the great Fathers of the ascetical tradition of the Eastern Church. And we have to remember that Roman Catholicism is only one expression of Catholicism. There are over 20 different churches in communion with Rome, and most of them are Eastern. As Pope John Paul II said, we have to learn how to breathe with both lungs. Most of us have been breathing from the Western lung all our lives. There's a whole other tradition: the Eastern lung, and we have to learn how to breathe from that, too.

## **The Eastern Tradition of the Elder**

The Eastern tradition has this whole heritage of the elder. And it began with spiritual fathers and mothers. The word was *Abba* and *Amma*, father and mother, and these are not clerical roles but eldership roles. The spiritual father or mother who, through their example and through their life, gives birth, as it were, to new little Christians. And that starts, of course, in a very literal way, when Grandparents are present to accompany the new babies born into our families. So Grandma and Grandpa are there, mom and dad are there, and this whole tradition of passing on begins.

St. Paul says: I share with you what I have first received. We can't give what we don't have, and we can't have it unless it's given to us.

I had a spiritual father, Father Martin Walter, OFM. He was a good Franciscan, and he handed on to me the importance of balance. He kept drilling it into me during my formation as a young Catholic. He kept saying: John, you've got to have balance. The Church walks on the right foot and the left foot, but she's balanced. The heart of Christ stays right in the middle. I wouldn't have understood that without my spiritual father. And he, in turn, became the Grandfather of our community, because I am the spiritual father. He was the spiritual Grandfather. The chain of passing on is so important.

St. Antony the Great, considered the father of monks, spent 15 years under an elder before going into solitude to do his spiritual battle. He didn't invent this thing. He had to sit under an elder first. Similarly, St. Pachomius, the founder of communal monasticism in Upper Egypt, lived under his elder Palamon for several years before founding his own way of life. Both were elders who were first disciples. They handed on what they had received.

## **Five Virtues for the Elder-Disciple Relationship**

Saints Callistus and Ignatius in the *Philokalia* speak of five virtues that make the relationship of spiritual father or mother with spiritual son or daughter truly work.

The first is pure faith in God working through the spiritual father or mother. This relationship is not all top-down. It comes from the son or daughter upward too: a pure faith that it is God who is working through the elder.

The second is truthfulness in revealing both good and bad thoughts. And I think that oftentimes, grandchildren will share with Grandparents more easily than they will with parents. Going to my Grandmother, I felt she was special. I think Grandparents have a wonderful way of eliciting truthfulness and honesty from their grandchildren, because of the loving nature of the Grandparent role. Grandparents don't have to do a lot of disciplining. There's a kind of freedom in that relationship.

The third is renunciation of the will and obedience to the direction of the spiritual father. I want to do what God delights in. I want to do what God takes pleasure in. That's the longing of my heart. And we can share that with Grandchildren: God delights in things, He takes pleasure in things. It's a beautiful concept, and we want to draw them into that beauty.

The fourth is not arguing with the spiritual father, or with the brothers. An argumentative spirit cannot be contemplative or peaceful. The whole point of monastic life is a death to self-will and the old self, so that I might rise up a new creation in Christ. When someone else is talking, are we constantly running a litany of objections through our head? If so, it becomes self-will, and it will keep us from listening. The key to the word obedience is to listen. Grandparents have to be listeners to God, listeners to those who are wise, and then we can pass on.

The fifth is sincere, open confession to a spiritual elder. Not the sacrament of confession, but rather an ongoing honesty about what is happening in one's life: where one is struggling, what one is encountering. And the spiritual father or mother can then walk with them and share from their own experience. Accompanying rather than controlling.

## **The Contemplative Heart of the Church**

All through the history of the Church, monasticism was the contemplative beating heart: from its hiddenness, pumping blood out to the active members of the Church, whether clergy, active communities, or families in the pews. It is only since the Council of Trent, with the rise of active religious orders, that we began to lose that beauty in the Western Church. The Eastern Church has not lost it yet.

With the rise of humanism, we began to define people in a utilitarian way: according to what you do. A common question about new communities like ours is: what do you do? Not, who are you? And so we have a very utilitarian view of the human person. One of the things we must rediscover in order to be fully revived is that contemplative beating heart of the Church. I am on a campaign, with some other abbots in Benedictine communities, to revive that contemplative monastic heart in the Western Church.

We are all called to be, in some way, hermits, to go to solitude, to be with God and God alone. Do you have a prayer corner? A special prayer place set up in your home? A sacred spot where you can go and pray? I believe every serious Christian has a little monk and a little hermit running around inside of them. These are not just concepts for monastics, but for all of us.

And we all need koinonia: community. That's what your association is about, isn't it? To give support to one another in the role of being a Grandparent in a time when it's become increasingly difficult to maintain the importance of elders in society. Right now, the younger generation tends to forget what came before, and to say the new is always better. But for the whole of human history, the ancient was held as wiser. The reversal of that understanding does not come from God. So we have to be careful.

Keep going. The elders in our society are so important. The Grandparents are so important. And even when you feel as if you are being ignored, you are not. God does not ignore you. And you are getting through to the next generation, whether they show it or not.

◆ DISCUSSION & QUESTIONS ◆

*The following is an edited transcript of the conversation that followed John Michael's address.*

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### **On Accompaniment and Passing on Faith — Catherine Wiley**

I'm just struck by everything you said, particularly when you started off by saying that after reading Pope Benedict's Prayer for Grandparents, you didn't need to say anything: it was all really there. And you went on to say that it wasn't about teaching, preaching, or being fanatical. It was about accompaniment. And that's exactly what Grandparents do, and that's all they need to do. They weren't born to be catechists or teachers. Their vocation is to be a Grandparent.

And when you talked about your grandmother, and how you could confide in her like you could confide in nobody else. Somehow, grandchildren can share with Grandparents things they'd never tell their parents. Maybe, in a way, it's a preparation for that monastic openness: not sacramental confession, but simply talking to somebody who understands, who loves, who doesn't judge.

### **John Michael Talbot**

Nations change when people change. And people change when hearts change. Grandparents should be the heart of the Church: reaching out from the heart of an elder, not cold ideas, but the heart. Reaching out to touch other hearts. And I still believe that we solve many of these problems when the people on each side begin seeing each other as real people, with real hearts and real lives, and try to understand one another.

### **On Conversion — Catherine Wiley & John Michael Talbot**

Back in the 1960s and 70s, there was so much freedom, people didn't know what to do with it. Our parents didn't know how to handle it. And when I look back now, I wish we had held more firmly to the compass, the way forward. But that's also when the drug culture began. Cannabis and marijuana are now legal in many places. A lot of our grandchildren are in addiction, hostile to community, living on their machines. What hope would you give to Grandparents in the middle of this? When your conversion came about, what do you think gave you the greatest hope?

### **John Michael Talbot**

We were the counterculture. I came to Christ in the middle of the Jesus movement, when Jesus was on the cover of Time Magazine and we were baptizing 3,000 kids a week in the Pacific Ocean. It began for me at a typical concert when a man fell from the rigging above the stage. He died right there. And I thought: what we are doing is not worth people dying for. That was really the beginning of my conversion. I started reading about every religion I could find, eventually came to my grandmother's Revised Standard Bible, and those red letters jumped out at me. I had an experience with Christ. About 7 or 8 years later, I became a Catholic.

Why did I do it? Because I saw the futility of the 60s generation's way. My generation was the one that knocked the props out from under our society, in many ways. We got rid of the basic Judeo-Christian moral framework, and as a society, we're still floundering over what to replace it with. But Grandparents, because we've had a chance to live through ups and downs, can share our story. I can say: this doesn't work, this does work. And no, I don't want to browbeat you. You're a precious child of God. Let's get back to that precious child of God that's down underneath all the coding of secularism, and bring you back out into the light.

## **On Living in Community — Mary W., Minnesota**

My son asked me last week: you've always kind of wanted to live in community. Is it possible today? Do you have any guidelines, and how would we begin?

### **John Michael Talbot**

The first thing I'd tell you: if God isn't asking you to start community, by all means, don't. While it sounds wonderful, you're going to run into other people in a closer context, and you're going to have conflicts, and you have to learn to resolve them. Most Americans are terrible at Conflict 101. But if it is God, by all means do, because the blessings of community far outweigh the struggles.

In our community, we have a domestic expression for men and women who live in their own homes and want to live a monastic spirituality in a way appropriate to their state of life. Look us up at [littleportion.org](http://littleportion.org), and there's a link to our domestic expression. We have incorporated several groups who wanted to start community without reinventing the wheel, and they have done it successfully. One of the most successful is in Westmont, Illinois. They came together as young newly-married couples, about six of them, and they've been a wonderful expression of wisdom received and leadership grown.

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## **On the Sacred Heart — Nancy M.**

Maybe this upcoming consecration to the Sacred Heart will usher in some change of hearts, something we can promote as Grandparents. I hear the USCCB has just put out some materials to help us promote this.

### **John Michael Talbot**

One of the very first Catholic songs I ever wrote was about the Sacred Heart. I have a great love for the notion of the heart, the kardia in Greek, meaning the center. So to drop prayer from the head into the heart, the very center of your being: experienced on the level of good emotions, and deeper still into intuition that defies thought. Intuition is just pure being. Prayer of the heart is the prayer of pure being with the very being of God. Where is the heart of Jesus? I think we have to take that question seriously. It's bigger than just theology. It's life.

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## **On Encouraging Vocations — Karen H.**

You were speaking about how we as elders can encourage our youth to consider vocations. What can we do in our individual parishes?

### **John Michael Talbot**

First thing: talk about it. We've needed to emphasize marriage, to counterbalance an over-emphasis on celibate vocations. But now that we've done that, we need to emphasize celibate vocations again. Our diocese of Little Rock has the most priestly vocations per capita of any diocese in the United States, so it's possible. But we also need to emphasize that there are men called not to diocesan priesthood but to religious life, both active and contemplative. Contemplative life is available for men, not just cloistered sisters. Many who are called to religious life are slipping through the cracks simply because it's not being suggested.

And as you were speaking, this quote from Francis of Assisi came to mind, written to his ministers regarding their brothers: 'There is no brother in the whole world, no matter how far he has fallen into sin, who will not be called back to forgiveness simply by looking into your eyes.' Are we calling people

back to Jesus and to forgiveness simply by how we look at them? Grandparents often have a sparkle in their eyes that younger people don't. Is there the sparkle of Jesus in your eyes that calls people?

### **A Family Milestone — Betty M., Ireland**

Next Monday, please God, we have three celebrations: our 60th wedding anniversary, our grandson's wedding, and our youngest daughter's birthday. They have arranged the wedding for our anniversary date, and I feel so incredibly blessed. I have been playing John Michael's hymns since last night. I am a Secular Franciscan, so to hear the name of St. Francis so many times this evening has filled my heart. Thank you.

### **John Michael Talbot**

Monday night is going to be a grand night. Congratulations to you and your husband.

### **On Marriage Growing Older Together — Catherine Wiley**

Being married together: does that help you in your life? Because very often when we come together, my husband is a convert, very Catholic-light, and I'm a very serious Catholic. How do married couples help each other grow older in faith? How do we bring out the best in each other? Because this is what our Grandchildren see. This is what they want to be with. This is the best we can give them.

### **John Michael Talbot**

My wife Viola was a sister for a long time, a nun, and I lived as a hermit. We both come from experience of celibacy, and we were both very happy. Our community did better when we spent more time together, so we discerned that marriage was the path. I would say our marriage is an atypical one.

When I got married, Viola would say: 'Do you think Jesus really wants you to leave that mess over there?' And I'd think, oh no, I suppose he doesn't. She kept me honest. And I'll tell you: anyone who knows Mother Viola in our community knows that I'm a bag of hot air and she's a saint. She has no clue. Really holy people never do. She never thinks about herself. All she thinks about is: what can I do for Jesus now? We get up at 4:30 in the morning, and she goes straight up to the monastery, and she's already baked six batches of cookies by the time we do morning prayer. We call her the White Tornado.

She is an example to all of us. Love is self-emptying. That's what she shows us every day.

### **On the Boundary with Non-Practicing Parents — Fr. Charles E., Scotland**

I serve as a parish priest in a corner of Scotland where First Communion is often the last point of contact with the Church. Fewer than 100 parishioners gather where thousands once did. The elderly faithful carrying this on are mostly grandmothers. When parents have stopped practicing, how does a Grandparent witness without going around them and triggering conflict? Where is the line between respect and silent compromise?

### **John Michael Talbot**

Just be. Be in Christ. Be a Catholic. Be who you are. And if you do that in the love of Jesus, you're not going to come off as religiously obnoxious. You're going to come off as loving and kind. My brother Terry is a non-practicing Catholic. We talk once a week. There's a certain place where I know not to push, because if I push, it's going to push him away. Be authentic. Be who you are. You have a mouth, a mind, and a heart. You're supposed to be silent and to speak, both. And you do both in God's time. If

you stay rooted in prayer, that discernment will be intuitive within your soul. You'll know when to speak and when not to.

### **Catherine Wiley**

Sometimes they're wise for us. It's amazing how much help our Grandchildren give us now: with computers, technology, helping us finish a sentence. The love nobody can describe. It doesn't matter if you think they're a bit light on Catholicism. You've given it to them, and it's in there, and it will flourish. They can never think about you without thinking of love, and God, and all the little things you've said and done. That's who we are. And that's all we need to be.

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### **A Word Across the Generations — Diane M.**

About 25 years ago my 15-year-old son came in while I was listening to your music and said: 'Mom, that music sucks the adrenaline right out of me!' About two years ago, I was on a long car ride with my daughter and her three young children. I mentioned your music, they found it, and now it's a staple in their house. And her three-year-old son is named John Michael.

### **John Michael Talbot**

There are a few more John Michaels popping up around the place. When I first went to Ireland, they all said: 'John Michael? That's backwards. It's supposed to be Michael John.'

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### **Jane S., Florida**

Catherine always says it's our vocation to be a Grandparent. That we were chosen for this role by our Lord and Creator. Thank you, Catherine. Thank you, John Michael.

### **John Michael Talbot**

And if you're really sitting on that beach in Florida, I want to come visit you.

### **Jane S.**

At 85, you have a long way to go, folks.

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### **A Surprise Connection — Catherine Wiley**

I wonder, John Michael, could I mention Walsingham? That's where the Catholic Grandparents Association was born: conceived and born. We live in the old Franciscan friary on the Fakenham Road, a 13th-century friary, demolished at the Reformation, and the house is built inside the ruins. You and Viola are very, very welcome to come and visit and stay and pray any time.

### **John Michael Talbot**

I've been to Walsingham. I played one of the first Charismatic conferences there. I remember it very well.

### **Catherine Wiley**

It was in Walsingham, on the 8th of September, Our Lady's birthday, that the idea came to me: a pilgrimage to honour her mother and father would delight her. And that's how the whole thing started. Just by organising the first Grandparents' pilgrimage ever in Walsingham. Small world, isn't it?

◆ SONGS SUNG THIS EVENING ◆

*At the request of Catherine Wiley and the gathering, John Michael Talbot sang two songs during the session.*

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***The Magnificat***

*My soul proclaims the greatness of the Lord...*

Before singing the Magnificat, John Michael invited the gathering to pray it with him, reflecting on Mary who was overshadowed by the Holy Spirit and gave birth to the Saviour of the whole human race. He asked everyone to think of the areas in their lives where things might seem impossible right now, and to dare to believe: with God, all things are possible. “Let’s let Jesus be born into this world through our yes to the work of the Holy Spirit in our life.”

***I Surrender***

*Take my lips, take my will... I surrender all to God’s will...*

At Catherine’s request, John Michael closed with a second song: a gentle, contemplative surrender of the will to God. “I surrender my life, my all, for the kingdom of God.” A fitting close to an evening rooted in stillness, trust, and love.

◆ CLOSING BLESSING ◆

## Cardinal Wilfrid Fox Napier

*Archbishop Emeritus of Durban, South Africa*

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### *A Prayer for the Holy Family*

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

*Jesus, Mary, and Joseph,  
in you we contemplate the splendour of true love.  
To you we turn with childlike confidence and trust.*

*Holy Family of Nazareth,  
grant that our families, too,  
may be places of communion and prayer,  
authentic schools of the Gospel,  
and true domestic churches.*

*May families never again experience violence, rejection, or division.  
And may all who have been hurt or scandalized  
find ready comfort and healing in you.*

*May we value and promote marriage and the family  
as sacred and inviolable:  
the Father's plan from the beginning,  
for bringing love and new life into the world.*

*Jesus, Son of Mary, have mercy on us.  
Mary and Joseph, pray for us.*

*Our help is in the name of the Lord,  
who made heaven and earth.*

*May Almighty God bless you,  
the Father, the Son, and the Holy Spirit.*

**Amen.**

◆ KEY REFLECTIONS FROM THIS SESSION ◆

*As drawn from John Michael Talbot's address and the conversation that followed*

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- We must learn to breathe with both lungs of the Church: the active Western tradition and the contemplative Eastern tradition. Most of us have breathed from only one lung all our lives.
  - The elder's role is not to control, but to accompany. Walk with your Grandchildren as they go, noting what is safe ground and what is not. That is the ancient monastic wisdom of the Abba and Amma.
  - Grandchildren will often share with Grandparents what they cannot share with parents. That truthfulness and openness is a sacred gift of the Grandparent relationship.
  - You cannot give what you don't have. Stay rooted in prayer. Have a prayer corner, a sacred spot in your home. The contemplative heart must be kept alive.
  - Nations change when people change. People change when hearts change. Grandparents should be the beating heart of the Church, reaching out to touch other hearts.
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◆ NEXT GRANDPARENTS FAITH CAFÉ ◆

**Tuesday, 9th of June 2026**

*Speaker to be announced*

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Register free at: [www.catholicgrandparentsassociation.org](http://www.catholicgrandparentsassociation.org)

*Free • All welcome • Online via Zoom*

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***'I Will Never Forget You.'***

*— Isaiah 49:15 • Theme of the World Day for Grandparents & the Elderly 2026*

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◆ RESOURCES & FURTHER READING ◆

*We are grateful to John Michael Talbot for his time, his music, and his wisdom.  
We warmly encourage our members to explore his work and support his community.*

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## **John Michael Talbot — Music, Books & Ministry**

[www.johnmichaeltalbot.com](http://www.johnmichaeltalbot.com)

John Michael's website is the place to explore his full catalogue of over 57 albums, browse and purchase his 35-plus books on prayer and the spiritual life, and discover more about the Brothers and Sisters of Charity. Titles discussed this evening include *The Journey East*, his 36-day retreat into Eastern Christian spirituality, *Late Have I Loved You*, his autobiography, and *The Jesus Prayer*. His biography of Mother Viola, *Mother Viola: A Life in Full Bloom*, is also available and comes highly recommended.

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## **Little Portion Hermitage — Community & Bakery**

[www.littleportion.org](http://www.littleportion.org)

Little Portion Hermitage is the home of the Brothers and Sisters of Charity, nestled in the mountains of Arkansas. The community's website is the gateway to learning more about their way of life, their domestic expression for families and individuals who wish to live a monastic spirituality in their own homes, and vocations to religious life.

The Little Portion Bakery, lovingly run by Mother Viola and the sisters, produces artisan baked goods including the celebrated Viola's Granola and the irresistible Hermit Bars. They make a wonderful gift for family and friends, and every purchase supports the community's life of prayer and ministry. As Marilyn Henry put it this evening: "You have to go to Confession after you have the Hermit Bars, they look so good."

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## **Catholic Grandparents Association**

[www.catholicgrandparentsassociation.org](http://www.catholicgrandparentsassociation.org)

Find out more about the Catholic Grandparents Association, register for upcoming Faith Café events, access past recordings and transcripts, and learn about the Annual National Grandparents Pilgrimage at Knock and the World Day for Grandparents and the Elderly on 26 July 2026.

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*'Keep going. The elders in our society are so important. And even when you feel as if you are being ignored, you are not. God does not ignore you.'*

— John Michael Talbot

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