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Oblate Fr. Ronald Rolheiser delivers the keynote address during the opening of the National C

Oblate Fr. Ronald Rolheiser delivers the keynote address during the opening of the National Catholic Educational Association's annual convention in Boston April 11, 2012. (CNS/The Pilot/Gregory L. Tracy)



by John Dear

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On this week's episode of "The Nonviolent Jesus Podcast," I speak with writer and theologian Oblate Fr. Ronald Rolheiser about his latest book, [*Insane for the Light: A Spirituality for Our Wisdom Years*](#), the conclusion of his trilogy of modern spiritual classics, following [*The Holy Longing*](#) and [*Sacred Fire*](#).

One of the most popular Catholic writers in the world, [Rolheiser](#) is the author of many other bestsellers including *The Restless Heart*, *The Shattered Lantern*, *Forgotten Among the Lilies*, *Prayer* and *The Passion and the Cross*. Orbis Books has also published an anthology, *Ronald Rolheiser: Essential Spiritual Writings*. He [retired](#) in 2020 from his position as president of the Oblate School of Theology in San Antonio, Texas, but continues to write, teach and speak around the country.

Speaking about a spirituality for our wisdom years, Rolheiser invites us to address anger and other forms of resentment and bitterness, and let it go into softness,

forgiveness and gratitude.

"I've spent most of the years of my life in leadership and now nobody's asking for my opinion," he said. "Letting go of control is difficult. As my health deteriorates, I have to learn to let go. My mantra now is, 'Let it go, let it go, let it go.' But as I move from full-time activity into passivity, I'm asking myself, 'Who am I when I stop doing? When you're God's beloved, how do we actually own that?' "

"In my lifetime I've never lived through darker days," he said. "We're trying to solve violence with violence, but violence begets violence. Politicians are openly saying that compassion is weakness. We've never needed the message of nonviolence more than now. The Sermon on the Mount is the greatest moral code ever written. We have to be the ones who stand up and live in hope! To do that, we have to keep a subversive sense of humor."

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