

February Reflection Exercise

Preparing your heart: Take as much time as you need to become centered and interiorly at peace. Become aware of God's presence and welcome it. Then offer yourself to God and to the action of God's Spirit in this time of reflection and prayer.

Preparing your mind:

- Review the presentation of the fruits of our January reflection, noticing how you are moved to greater joy, peace, a sense of trust and hope
- Review the presentation on reading the signs of the times in the same spirit

Ask for the grace: to not be deaf to the call the Spirit addresses to consecrated life in Canada today.

Listening to the Word:

For thus says the Lord: "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile. (Jer 29:10-14)

Pathways for Reflection:

- Take the time to notice how God's Word has moved you.
- Listen to the presentation by Michael Czerny on *Fratelli Tutti* and consecrated life.
- As you listen, what moves you, gives you energy, awakens your love and zeal?
- As you listen, what aspects of the presentation connect with your own experience and desires? Converge with the fruits of our January reflection?
- What, in your own reflection in this moment, emerges as a particularly significant call to consecrated life in Canada today?

Sharing conversation as with a friend:

- At some point, you may feel drawn to share the fruits of your ongoing reflection with Jesus, or Mary, or perhaps with the founder or foundress of your community. Take time also to listen to what they have to say to you, and let this conversation lead you deeper.
- When you sense that the time of conversation is coming to an end, give thanks for what you have been given.

Make a short note:

- Write down a short account, no more than ten lines, of the fruits of your prayerful reflection: what call(s) is the Spirit addressing to consecrated life in Canada today? This short note will form the basis for your sharing in the first round of small group spiritual conversation.