

SUGGESTIONS FOR INDIVIDUAL REFLECTION

October 24, 2007

We invite you to reflect prayerfully upon some or all of the following:

- Habakkuk 1:2-3; 2:2-4 (“...write down the vision so you can read it clearly...” and “...wait for it, for it will surely come....”)
- Sr. Donna Lord’s reflections on the Sunday readings for October 7th, including Habakkuk (“We need to keep the vision alive. It must be bright and not dim.”) The other two readings were: 2 Timothy 1:6-8, 13-14 and Luke 17:5-10.
- How does the individualism and consumerism so valued in our culture influence my ability to work toward the “common good” of all in our society? In our world? Do I really live as if I believe that the earth and all its resources are God’s free gift to all? Do I really consider how my individual decisions affect others in my family? My neighbors? The world?
- “The ‘yes’ of later life needs to be based on the fruit of contemplation and deep recognition of God in our lives.” What does this mean for me?
- Are there any issues related to the Associate relationship that I think might be important for Associates to address or to bring to the attention of the Grey Nuns?

We suggest you do the following each time you engage in a period of reflection:

- Be attentive to what’s rising up within you, including your *feelings*.
- Watch particularly for any insights, learnings, unsolicited ideas that pop into your mind.
- Keep track of these. Perhaps start a journal. Follow Habakkuk’s advice and “write them down” so you can read them next time you come to prayer and clarify them.

Remember, what may well arise from this experience are thoughts to be shared with your local associate community. What is becoming clear in you, you will remember. It will rise up again in one form or another and your clarity will increase. At your meeting, when you begin by taking a moment to reflect on what’s rising up within you, something will come. You’ll be waiting for it. It may be something that has come up before or something that seems totally new....

LOCAL ASSOCIATE COMMUNITY GROUP PROCESS

The intent of this process is to create a hospitable, contemplative environment wherein each person gratefully appreciates the gift that each of us is to herself, to each other present, and to the Grey Nuns and Associates, and where it is safe to enter into deep conversation. Each person is listening deeply to herself, to the Spirit, and to each other person. Each one, while listening to others, keeps part of her attention on herself and what's happening within her during the conversations.

1. Begin with a minute or two of silence.

During this silence, recall your contemplative preparation for this meeting and be particularly attentive to what's rising within you now.

2. Each person shares simply and briefly something of what is happening in her—with the whole group or with one or two others, depending on the size of the group and the preference of its members.
3. After everyone has finished her sharing, ask each person to share with the group what she noticed *during* the sharing, particularly any insights, learnings, or unsolicited ideas that might have popped into her mind.
4. Surface and discuss issues related to the Associate relationship that are important for your local associate community to address, for the Associate Advisory Board to address, or that you think might be important to bring to the attention of the Grey Nuns. Continue for twenty minutes or so.
5. End by asking again: What did we notice *during this discussion*, particularly any insights, learnings, or unsolicited ideas that popped into our minds?

Depending on the group and time available, steps four and five may be repeated as needed to continue the discussion.

Before the end of the meeting, please complete the Local Associate Community Response Form.

LOCAL ASSOCIATE COMMUNITY RESPONSE FORM
November 2007

This form is intended to be filled out by local associate community if at all possible. When this is not possible within the time frame, individual Associates are welcome to return the form based on their experience with the individual reflections if they wish.

What did you find helpful in this process and/or this mailing?

What recommendations would you make for the future, particularly anything that might help Associates' participation in the Chapter process?

Please send response form by email to Sr. Mary Lee Farrell at makeitso2921@peoplepc.com or by post to Sr. Ann McKee, 1750 Quarry Rd., Yardley, PA 19067-3998 **on or before November 26, 2007**.