



Contemplative Listening -1



Following the recommendations of the Provincial and General Chapters (2013 – 2014) the Formation Team suggest reflection material for communities, reflection groups and individuals.

Suggested material for October – November 2014-06-26

By 2018, contemplative living will be our way of being, affecting all aspects of our lives. Hearing what God is saying in our world will give us courage and energy to reflect and act with others and intensify our action for justice. It will keep us focused on the essential, amid the many changes that will take place.

Chapter Doc 2013



To arrive at this, we will renew our commitment to personal and community prayer as a fundamental value and practice, setting aside time for reflection on our life and mission and for community prayer and celebration together, using reflection groups and availing of suitable materials, especially our Ongoing Formation Guidelines.

Chapter Doc 2013

“But to be free, or rather to become freer, to live life more fully in this openness of spirit ... I find I need to explore each day – the trusting relationship which God enables me, through “discerned listening”, to understand how I may both respond to or sometimes resist the God who wishes to enter into people’s lives. I am trying to understand this dynamic of listening and discerning God’s voices in the many voices around me...” Kevin Dowling C.Ss.R

*“Most of the time I sense that God needs a **deeper silence** in me because God whispers a message to me in all kinds of situations. God does not shout aloud most times, I think; the gentleness of the breeze moving the leaves is much more characteristic of our non-violent God for me ... If I want to hear God, then it needs deep attention, inner quiet, listening.”*

Kevin Dowling C.Ss.R

The Sister in Perpetual Vows cultivates her capacity as an individual and within community to be a discerning woman by taking advantage of the resources available to her for growth and transformation

How is my contemplative listening being translated into my everyday life?