

Chapter Preparation



"During Those Days"

As we prepare for our Pre-Chapter meetings, it was decided to consider our "ponderings" in the monthly Angelus. The hope is that we deepen our reflections by offering suggestions to lead us to a contemplative posture in order to ready our minds and hearts for Chapter 2023.

Contemplative Practice

- In light of your own Visitation encounters, name the new life within you waiting to be born.
- Write you own Magnificat. Share or pray it with an IHM friend or your Local Community



An Optional Resource

Both poetry and spirituality challenge us to see God in all things
by Lou Ella Hickman

[Click Here](#)