

Chapter Preparation



As we prepare for our Pre-Chapter meetings, we continue 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

- Reflect on your own vocational journey. What are the hopes that you carry in your heart for your yourself and for the Congregation.
- Create a personal Litany--could it relate to your personal journey?



An Optional Resource

...Listen:

Sail the Soul

performed by Liam Lawton

...Ponder

...Sit at the Sea and reflect on your own personal journey

Sit Here