

God is Love Loving

Compassion: Suffering as God Suffers

Seeing with God's Eyes

Being and Becoming: Loving as God Loves

Grace(s) Received

Reflection:

- What stirred within me? What resonated within me?
- What challenged me? Disturbed me?
- What feelings arose from this?
- What was the source of the feeling/s?

Sharing: Done in triads.

- Deep listening to the other
- Using "I" in sharing, and feeling vs thinking as much as possible
- 1st Round: Sharing of reflection time
- Silence: Listening for what God wants me to share
- 2nd Round: Sharing during of reflection on Round 1

LovingKindness Meditation

Beginning with yourself and repeating several times as you breathe in an awareness of the person/situation and breathe out:

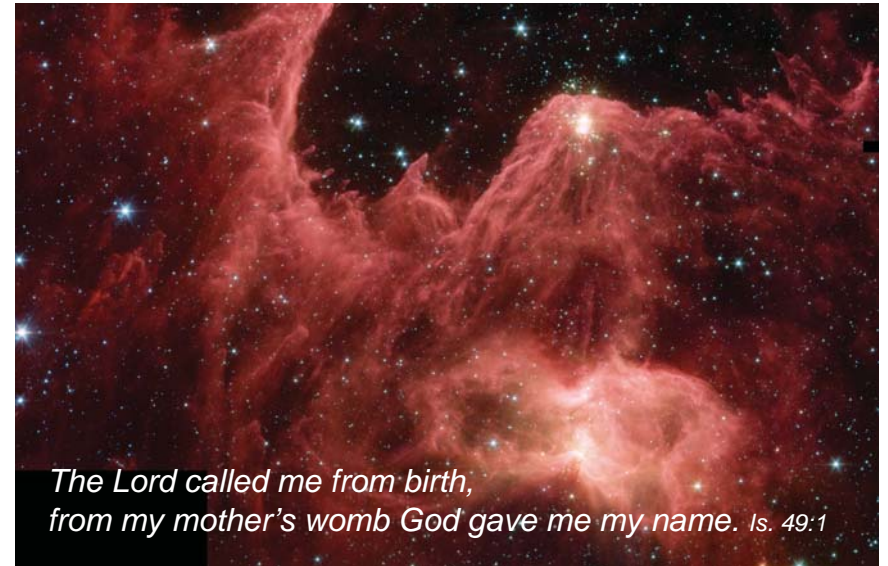
I wish you love, peace, joy, well-being, ...

After several breaths focusing on yourself, then move to:
a friend, family, parish community, someone you are having difficulty with, a difficult situation, the world, the universe...

Brief Awareness Examen

God, I thank you for your presence.
God, send your Holy Spirit
God, let me look at my day
God, let me be grateful and ask forgiveness
God, stay close

Being and Becoming: Encountering God as Love Loving Ignatian Community Retreat July 23-24, 2010



Chant:

God is, God was and God shall be. (4x)

The Grace to be prayed for: