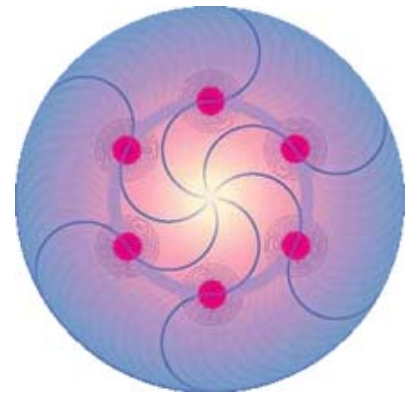


Contemplation in Action

*Contemplation inspires action;
action reflects contemplation.*
SNJM Constitutions



As Sisters of the Holy Names of Jesus and Mary we believe that contemplation inspires action and action reflects contemplation. We invite you to reflect and pray with us in light of your own life and work.

Leader's/ User's Guide

Starting Point

- Where do you find God?
- Where do you find God in this place?
- What are the ways you seek to renew yourself?
- Where and when do you find moments of quiet and reflection?
- What are the names by which you know God?

Prayer (layout: front-to-back portrait)

An important aspect of this prayer is to provide moments of quiet/silent reflection. The four readings on contemplation could be read aloud or people could be given time to read them quietly.

Music Suggestions to Accompany Prayer

- Soft instrumental music
- Only a Shadow, Carey Landry
- Center of My Life, Paul Inwood
- I Have Loved You, Michael Joncas
- Speak, Lord, Marianne Uszler

Discussion

- How has prayer/contemplation/reflection lead to action in your life?
- How in this place of SNJM presence, influence, is contemplation in action alive?
- What in the quote(s) from the SNJM sources encourage you?
challenge you? inspire you?
- In what ways might contemplation in action be furthered here?
- Are there ways contemplation could lead to some sort of corporate action?

Further Steps

- Provide a time and place where people can gather regularly for reflection and contemplation.
- Create a mandala.
- Create and/or walk a labyrinth.

Two Aspects of a Single Love

Contemplation inspires action;

action reflects contemplation.

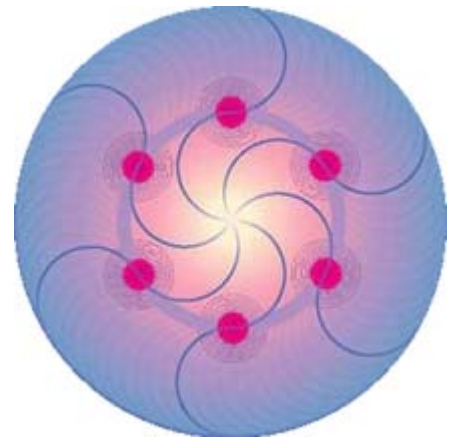
SNJM Constitutions

Instrumental Music

Opening Prayer

May we love ever more.
May we motivate ourselves to committed love in Action.
May we motivate ourselves to live the life we wish to see in the world.
May we be the transformation we wish to see in the world.
From the inside out . . .
From the roots branching upwards . . .
From the heart
to thought
to word
to action.
Through life's trials and hardships
we can arise beautiful and free.

Julia Butterfly Hill



Readings on Contemplation

This is one of the most significant effects of contemplation, that you begin to find guidance in your life: that you are guided to meet the right people, to go to the right place, to do the right thing, and you begin to see that you are not managing your life just by yourself. God is acting in you.

Bede Griffiths

In the point of rest at the center of our being, we encounter a world where all things rest in the same way. Then a tree becomes a mystery, a cloud a revelation, each person a cosmos of whose riches we can only catch glimpses. The life of simplicity is simple, but it opens to us a book in which we never get beyond the first syllable.

Dag Hammarskjöld

Sabbath is the presence of something that arises when we consecrate a period of time to listen to what is most deeply beautiful, nourishing or true. It is a time consecrated with our attention, our mindfulness, honoring those quiet forces of grace or spirit that sustain and heal us.

Wayne Muller

We batter the stillness
with our talk of stillness.
Words fuel the whirl of our lives.
In silence comes the stillness
that speaks to our hearts
and calls us into action.

Noel Davis

Gospel Reflection

If you dwell in me, and my words dwell in you, ask whatever you want, and you shall have it. As God has loved me, so I have loved you. Dwell in my love. If you heed my commands, you will dwell in my love, as I have heeded God's commands and dwell in God's love.

John 15:7

An invitation "just to dwell" in quiet for a few minutes



Response from the Acts of the 31st General Chapter of the Sisters of the Holy Names

The Spirit speaks among us now to deepen our journey in faith.

We renew our belief that contemplation contributes to the full development of the human person

Response: Deepen our belief.

We renew our efforts to share our faith journeys and to widen the circle of our sharing

Response: Increase our efforts.

We renew our commitment to study which moves us to act from a deeper understanding of issues.

Response: Move us to a greater understanding.

We renew our desire to expand our imagination through the arts.

Response: Expand our creativity and imagination.

Reflection and/or Sharing

*What are ways I might deepen my sense of reflection/
contemplation.....*

*How does reflection/contemplation lead to
action in my life?*

Closing Camped in the Eye of Life Noel Davis

Out of the heart of stillness

Come the words of an inner guide --

Suspend time

And roll out the present moment.

Centre down on it.

Let the stillness seep easily

into your being

To replace all

But a quiet attentiveness in being.

Be.

When you open your eyes

Let the world meet you anew.

Remain attentive in being

As you roll up the present moment.

Restart time

And at an unexpected moment of joy along the way

You will realise you have camped in the eye of life,

A gift of the Stillness.

A Moment of Stillness

Never forget to meet with God in prayer.

Marie-Rose Durocher

Marie-Rose saw God in all things. A spirit of faith animated everything she did. God alone was the motive of her every action. She walked continually in God's holy presence and drew such light therefrom as to discover the wisdom necessary to guide the community and to resolve our problems by her wise counsel.

Sisters of the Holy Names
Chronicles, 1850

If for Marie-Rose to live charity was to love and serve after the example of Jesus, how could this be accomplished without prayer and action? That is why she, like all great foundresses of apostolic communities, had a twofold attraction if not a twofold vocation: prayer, the source and nourishment of her deep love of God; and action, the result of her love of neighbor.

Hermance Baril, snjm

We cultivate in our lives an authentic contemplative dimension which finds its expression in a living relationship with God.

SNJM Constitutions

Contemplation is the creative energy at the heart of our mission.

Acts of the 31st General Chapter