

"Whoever remains in me, with me in him,
bears fruit in plenty." (Jn.15:5)

ATTENTIVE TO THE SPIRIT

"The active and contemplative life should become one. (P.M. 32)

The Institute has its origin in the very heart of God, who so loved the world that He gave His only Son to instruct all people and teach them the way of salvation.(Jn 3:15, S.R.1.1) Faith in the mystery of the Incarnation is at the heart of our vocation.

In Jesus we contemplate the Word of God who became man, even a little child. We learn from Him the way of humility and abandonment by which God continues to become incarnate in us and in the whole of humanity. This contemplation transforms our way of looking at the realities of the world and awakens a desire within us to adhere more closely to the will of God.(S.R. 1:2, L 60, P.M. 8)

The Incarnation is the work of the Holy Spirit. If we allow Him to take possession of us, He will gradually bring about the unity of our lives in which action and contemplation permeate each other. Our whole life can then become an experience of God. We will encounter Him in the joys and difficulties of life as well as in moments of silence and recollection. (P.M. 33)

To make us more attentive to the many ways in which God is present in our lives, we will need to set aside a period of time daily for personal prayer each day. In so doing, we will allow His Word to transform our mind and heart. Contemplation of the Good News already present inspires us to proclaim it more widely and strengthens our will to serve our sisters and brothers with love.

Our prayer can at times be difficult. To encourage us to persevere in it, "the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit intercedes for us with sighs too deep for words." (Rom. 8:26)

The Holy Spirit who prays in each one of us draws us together for the community prayer of adoration and praise, intercession and thanksgiving. Through our shared reflection, we help one another to discover the presence of God in our lives and to hear, as God hears, the cry of the poor and the aspirations of all His people. (P.M. 21, 34)

Proclaiming Jesus Christ and the Good News(God loves each person unconditionally) demands that our knowledge of His message be related to our life and be constantly renewed. This knowledge comes to us especially through prayerful and reflective reading of the Word of God as well as through other spiritual readings which will help to increase our faith and inspire our life. Solitude and deeper prayer and days of recollection will deepen our relationship with Jesus Christ, and give us the opportunity to see if our whole life is "for Jesus and the purposes for which He came into the world." (F.M. 10)

The Lord calls us unceasingly to conversion and mutual forgiveness. Daily reflection on our life experience will enable us to see more clearly what He expects of us and to respond to it .In the Sacrament of Reconciliation, we acknowledge that the love of God is greater than our sinfulness and that He heals our wounds and divisions. In receiving this sacrament frequently, we will renew our confidence in Him who allows us, with all our limitations and short-comings, to share in His work. This encounter with the Lord will lead us to see where reconciliation is most needed and help us to bring it about.

Through our celebration of the Eucharist, we enter into the mystery of the Incarnation and we deepen our desire to give our life in the service of others.

In her FIAT at the Annunciation, Mary gave her entire life so that the mystery of the Incarnation could be accomplished. In accepting that God would make use of her, she has given us an example to follow. Our prayer, like Mary's, gradually leads us to will what God wills for us. May we too, like Mary, listen to God's word and ponder it in our heart.