

IHM Chapter Direction – Exploration into Spirituality



Movement 2

A Guidebook

September 2021 – February 2022

Welcome

Are you ready for the next leg of our adventure together? Movement 2 has begun, and though we do not know exactly where we will end up, we know that we are together on the journey with a faithful God who walks with us every step of the way.

It may help to take time to gather the fruits of the first movement. Ask yourself and one another, “What is the gift to us from this?” What remains with me and us as we continue our journey? What is okay for us to let go of, to release back into the universe? Take some time to honor the movement within you and within the IHM community.

Movement 2 invites us to explore more directly our IHM Spirituality. Like other apostolic religious communities, our spirituality has evolved alongside our active presence and mission. As a result, we have many influences to our spirituality, not just that of our founders or early community.

That there is no one description of IHM Spirituality is actually a gift to us and to the world. We have an eclecticism, a diversity, a constellation of elements that well “fit” us personally, collectively, and on behalf of mission. This is part of our charism, the gift of the Holy Spirit to us. We can trace it all the way to our founders, especially to Mother Theresa Maxis Duchemin’s “poverty book”.

And so as with Movement 1, we invite you to enter this process with an open heart and to ponder and hold in your heart the question, “What is the gift to us from this?” Let us hold one another in prayer as we begin.

A Note from the Committee

As with Movement 1, there is a full English version and a full Spanish version of this guidebook as well as the other pieces of the movement. As a committee, we felt strongly about making this process fully accessible in the two languages used by our community. This allows each of us the chance to go deeply into spirituality in our home language, to grow in our awareness of one another and to think and share in new ways.

A Guide to the Guidebook

This is your guidebook. As with any great adventure, it helps to have a guidebook to offer an overview of the process, highlight key aspects of the journey, make connections and provide resources. But it is just that: a guidebook. You have the freedom to wander and explore spirituality in ways that are most intriguing and meaningful to you.

In this guidebook you will find the following:

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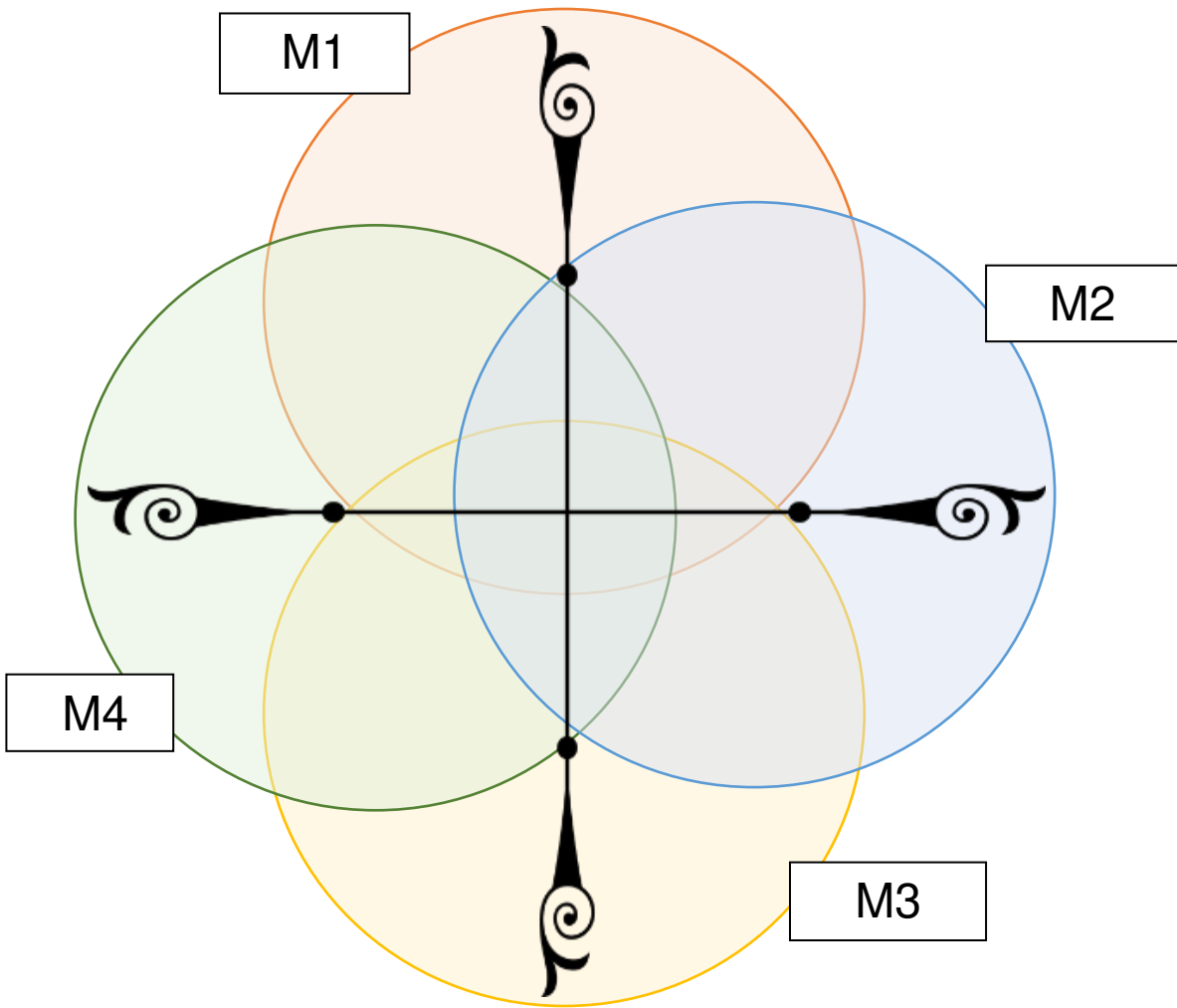
As you begin this adventure, you may wish to have a dedicated journal or notebook to jot down your reflections. Be creative! Your “journal” might be a painting canvas or a musical composition or a podcast. Find the medium that allows you to be freely yourself.

I. Reminders about the Process

The process

“IHM Chapter Direction Exploration into Spirituality” is a process comprised of four movements, distinct yet interrelated. Each movement is approximately six months long and goes from February 2021 to January 2023. The topics will evolve as we journey through each movement.

Feb. 1, 2021 – Sept. 14, 2021	Movement 1
Sept. 15, 2021 – Feb. 28, 2022	Movement 2
Mar. 1, 2022 – Sept. 14, 2022	Movement 3
Sept. 15, 2022 – Feb. 28, 2023	Movement 4



Navigating the Movements

Like movements of a musical composition, our movements build upon one another but are self-contained, each devoted to a different but interrelated aspect of our exploration into spirituality. In each movement we ponder, “what is the gift to us from this?” and continue to gather the gifts so that we can

see a more complete picture of how the Spirit is moving in our lives personally and as an IHM community called to be women and men of mission.

“Movement” also suggests fluidity, shifting, change, development and transformation. These meanings correspond well with spirituality and also with the process that has been designed.

We learned in Movement 1 that the process can be overwhelming when a person thinks they are being asked to do everything that is suggested. However, this process is inviting us to try something new, to pick and choose what and how to do elements of the process according to their needs around interest, schedule, energy and other things happening within the six-month period. The guidebook points out the main pieces to tap into; however, it is up to each person to work through it in their own way, on their own timeline.

Help with the Process

Please contact any member of the Direction on Spirituality Committee.

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Help with Accessing Materials

Whether you need help with printed material, digital material or finding things on the IHM website, please contact the Communications Department.

- communications@ihmsisters.org

Help connecting with others

It is important to connect with others during this process to share, pray together and discuss. If you would like help making those connections, consider contacting the following:

- Members of your Governance Circle
- Mission Councilor
- Pastoral Care staff
- People in your local IHM community

Ideas, Suggestions and Feedback

This process of exploration into spirituality is unfolding and evolving. We welcome your ideas, suggestions and feedback on the process.

II. Entering into the Movement

The focus of the second movement is IHM Spirituality. Many of us already began dipping into this during the first movement as we engaged in our Life Review Process. This movement builds upon our personal explorations into spirituality and looks in particular at the common elements of spirituality that are part of IHM life, that is, the constitutive elements of IHM spirituality. What do we hold in common? What is part of the charism, that is, the gift of the Spirit to the IHM Community?

The term “IHM spirituality” doesn’t mean that there is only one way that we express ourselves spiritually; nor does it mean that we each hold everything equally. We each have different emphases, just like each of us was shaped differently in formation or in our life and ministry experiences. As well, our IHM Spirituality exists within a plurality of spiritualities that has impacted us congregationally and personally.

You are encouraged to begin with the Invitation, followed by the Discovery and then the Engagement. You will also find various ways to connect with others during this movement as well as to integrate with other processes and happenings within the IHM community and beyond.

Invitation

As we transition from Movement 1 to Movement 2, let us recall our exploration into the unfolding adventure of Spirituality since Assembly and Chapter 2018. The focus of the first movement was our personal exploration into spirituality, delighting again through reflection and sharing in the wonderful flavor and texture of our unique search for the sacred as it emerges from the life-journey of each person. We allowed memories to surface of family, growing up years, years of formation, ways of prayer that have shaped us, community life, friends and experiences of ministry. We reflected again on the impact of the renewal of Vatican II, 21st century post-modernism, awakenings to justice issues, climate change, COVID-19 and systemic racism. This personal exploration prepares us to probe again IHM spirituality from a new depth of freshness, discovering again the distinctive signs of the presence of the Spirit of God.

IHM Spirituality is embodied in our charism, founders, mission, and in each person who has been, is, and will become part of the IHM community. It extends also to the many people who have felt a connection with IHM. As we enter now into this second movement, we are invited to see the many faces of IHM Spirituality and to honor all that the Spirit has done and is continuing to do within our life and mission.

Each of us is invited to enter contemplatively the flow of Movement 2, IHM Spirituality, through a gentle presence to the Invitation video, “Drawn Together in Community” highlighting Chapter 1 of our *IHM Constitutions*, the heart of who we are.

To see the video, please visit the IHM Website in the private section under “Exploration into Spirituality”. Take your time with this moment of invitation to behold the depth and breadth of the gift of IHM Spirituality.

Invitation: Reflection Questions Accompanying the Video

- 1. Based on your experience of Movement 1 and our exploration together at Assembly 2021, how does Chapter 1 of our *IHM Constitutions* call to you in a new way?**
- 2. Select 2 or 3 lines from Chapter 1 and spend 10-15 minutes with them prayerfully. What happens/moves in you?**

“... the diversity of spiritualities operative in a congregation where “not two [are] exactly alike” does not take away from the spirit that bonds us so deeply to one another in the common history and heritage that we share.”

Margaret Brennan, IHM “‘Not Two Exactly Alike’: IHM Spirituality” in *Building Sisterhood* (Syracuse University Press, 1997) p. 109.

Discovery

Discovery is an opportunity to learn together so that we have a common experience and a common constellation of ideas to inform us within the flow of each movement.

Discovery: IHM Spirituality Timeline

For Movement 2, we look at a timeline of IHM Life, Religious Life, the Church and the World to see some of the influences on IHM Spirituality. Many of you will remember the foundational timeline that Dorothy McDaniel, IHM, did in the 1990s. This timeline builds upon her work. The timeline is not meant to be exhaustive, but to begin to paint a picture of the interconnectedness of influences on IHM Spirituality. As you spend time with the timeline, consider:

- What surprises you in this timeline?**
- What would you add?**

You can find the “IHM Spirituality Timeline” beginning on

page 18 and as a PDF on the private side of the IHM website under “Exploration into Spirituality.”

Discovery: Six Dimensions of IHM Spirituality

With the IHM Spirituality Timeline illustrating the major influences on our IHM Spirituality, we now look at six dimensions of IHM Spirituality. These are broad strokes and many overlap and integrate with other aspects of IHM spirituality that many not be explicitly mentioned.

Accompanying these dimensions are reflection questions to guide you in exploring your own life and how you are growing in IHM spirituality today and into the future.

The Six Dimensions of IHM Spirituality are located in this guidebook on page 25. You can also find them as a PDF on the private side of the IHM website under “Exploration into Spirituality.”

Discovery: IHM Spirituality Timeline

Discover: IHM Spirituality Timeline Theme: World

1845: Pre-Civil War; slavery; Seneca Falls Convention discusses women's suffrage (1848)

1960: Cold War between the U.S. and the Soviet Union; U.S. Civil Rights movement; second wave of feminism begins; 1970s LGBTQ+ rights movement more visible; 1970 First Earth Day; Generation X

1980: 1989: Solidarity Movement in Poland which begins the collapse of the Soviet Union; 1981: Iran hostage crisis ends in January; 1981: HIV/AIDS pandemic begins; 1986: Space Shuttle Challenger explodes with teacher aboard; email and internet used more in the 90s; Indigenous rights movement more visible; Millennial Generation

2000: The world crosses into the 21st century without the Y2K “computer meltdown” so feared; 2001: Sept. 11 terrorist attacks on New York and Washington, D.C.; rise in social media usage; Black Lives Matter; Generation Z

2021: COVID-19 continues to ravage the world; vaccines available in the U.S. in late 2020; Joe Biden and Kamala Harris take office as President and Vice-President of the U.S. on Jan.20th

IHM Spirituality Timeline Theme: Church

1845: 1846: Gregory XVI dies, Pius IX elected and begins as a liberal, but becomes very conservative leader; 1878: Leo XIII elected; 1891: *Rerum Novarum* — first social justice encyclical

1960: John XXIII: *Mater et Magistra* (1961) and *Pacem in Terris* (1963); Vatican II (1962-1965) and implementation of the Council; Mary Daly’s *The Church and the Second Sex* (1968)

1980: 1975: First Women's Ordination Conference (Detroit); 1978: John Paul II elected; 1980: Oscar Romero and the four church women martyred; liberation theology continues to develop in Latin America

2000: 2002: the long-hidden scandal of sexual abuse by clerics becomes more public; 2005: John Paul II dies, Benedict XIV elected; 2013: Pope Francis elected; 2015: *Laudato Si'*

2021: Pope Francis continues his ministry; Church continues joint celebration of the Season of Creation with other religions

IHM Spirituality Timeline Theme: Religious Life

1845: Many apostolic congregations such as IHM founded in the 19th century; in 1901 apostolic congregations began to be recognized as either pontifical or diocesan institutes; prior to that date they were referred to as "pious unions"

1960: Building on the Sister Formation Movement launched in 1954; Renewal of religious life beginning with *Perfectae Caritatis*; Two U.S. conferences approved, LCWR and CMSWR; Landmark Sisters' Survey of 1967

1980: Renewal continues; Sisters expand into ministries beyond health care and church work; Growth in inter-congregational ministries and community locally and globally

2000: Members aging, fewer new vowed members; Associates grow; focus on contemplative dialogue, especially in response to the 2008 Vatican investigation of U.S. Sisters; Growth of Giving Voice, A Nun's Life Ministry

2021: LCWR uses the language of "new" regarding religious life; exploration of the "global sisterhood"; key research studies by CARA

IHM Spirituality Timeline Theme: IHM Life

1845: Nov. 10, 1845: IHM Community begins; St. Mary's Academy opens in January 1846, forerunner of the many schools that IHMs staffed

1960: Margaret Brennan elected General Superior in 1966; Vatican II renewal; overseas missions begin with Puerto Rico (1948) and continue with Brazil (1965) and Uganda (1969); 1972: Assembly and Affirmation 10 to stand with the poor; Assembly 1978: Emergence of IHM Associates

1980: Many IHM-staffed schools closed; IHMs develop new ministries in parish pastoral work, religious education, social justice, pastoral care, spiritual direction; 1980: Assembly held with two-thirds of the goals related to social justice.

2000: 2000: Chapter affirmation of the MCLRMP Integrating Idea; Motherhouse Renovation Plan begins; Affirmation 10 affirmed as a chief criterion for decisions; collaboration with LCWR and the Southern African Catholic Bishops re: HIV and AIDS

2021: Implementation of 2018 Chapter Direction; process to sell the Motherhouse property begins; celebration of the 175th foundation with three IHM congregations and the Oblate Sisters of Providence

IHM Spirituality Timeline Theme: IHM Spirituality

1845: Alphonsian; devotional, not liturgical; Providence

1960: Scripture, liturgy become more significant in IHM life;
1970: Visitation House of Prayer opens; Charismatic Renewal movement; more attention to Teresa of Avila

1980: 1980: Assembly Belief Statement: a “vibrant and ongoing spirituality ... grounded in the gospel message of Jesus” that “keeps pace with contemporary society, shared with Christian community, and calls us to social analysis and action.”

2000: 2018: Chapter direction themes: re-affirmation of liberating mission of Jesus; the Sacred Universe; commitment “to build a culture of peace and right relationship among ourselves, with the Church and with the whole Earth community.”

2021: Implementation of the 2018 Chapter Direction element “Explore our IHM Spirituality” through the “Exploration into Spirituality | Exploración en la Espiritualidad” process;
Movements 1 and 2 developed

Discovery: Six Dimensions of IHM Spirituality

Movement 2 invites us to consider the many dimensions of IHM Spirituality which evolve and develop decade by decade. Since in the IHM Community there are “not two exactly alike” (even if we tried) these six themes will resonate in your experience in different ways.

Participation in the various “Ways to Connect” can enrich your reflections with the insights of others. See page 35 and the following.

1. Biblical-Liturgical

One of the lasting fruits of the renewal of Vatican II is the emphasis on the Scriptures and the liturgy as well-springs for our spiritual growth.

- What are the three most important Scripture texts which have shaped your life as an IHM Sister or Associate?**
- As you prayerfully think of them, in what context did they become important?**
- The liturgical year is familiar and yet new each year. Which liturgical season speaks most strongly to you now? Was this true in the past? If not, what may have caused the change?**

2. Alphonsian

Esteemed as a moral theologian ahead of his time, Alphonsus is a teacher of prayer who encourages us to live out of God's profound love for each person.

Although our Alphonsian heritage began in 1845 with Theresa Maxis Duchemin and Louis Florent Gillet, it has not always been a strong current in IHM life.

- When you were in formation as a Sister or Associate, how important was our Alphonsian heritage? If it was absent, when did it begin influence you?**
- How does Alphonsian Spirituality continue to live in you? What dimensions are important to you?**

3. Ignatian

The gifts of Ignatian Spirituality enrich the lives of many Christians, including members of the IHM Community.

Throughout IHM history, Jesuits preached retreats to the Community, but it was not until after Vatican II that Ignatian spirituality through directed retreats became an important spirituality for many members.

- Have you made the Spiritual Exercises either as a 30-day retreat or a retreat in daily life? If so, when was this? Who was your director?**
- What other retreat or Ignatian experiences have you had that are rooted in Ignatian spirituality?**
- In what ways do the graces of your Ignatian retreats and experiences continue to live in you?**
- The core of Ignatian spirituality is to “seek and find God in all things.” In what ways does this resonate in your spirituality?**

4. Feminist

As women we continue to discover new dimensions of our experience of God. Each one's story is different, even as we share what unites us.

- **How do you understand feminist spirituality?**
- **Which feminist writers are important to you?**

Why?

- **In what ways does feminist spirituality influence your life as an IHM Sister or Associate?**

5. Ecological

Today, the Spirit of God urges us to care for the Earth, our common home, our only home.

- **In *Laudato Si'* Pope Francis speaks of "ecological conversion" (LS 216-221). Reflect on ways that you are experiencing this new dimension of spirituality.**

- A powerful theme in *Laudato Si'* is “everything is connected” (LS 16, 42, 70, 138). In what ways are you learning this?
- What assists you to “hear both the cry of the Earth and the cry of the poor” (LS 49)?

6. Contemplative

Psalm 42 tells us that “deep calls to deep” (v. 7). We are to live from the depths of our contemplative experience in God.

- How have Teresa of Avila’s insights into the life of prayer nourished you?
- What other writers are significant teachers of the contemplative tradition for you?
- Have you been influenced by the contemplative traditions of other world religions? If so, what are the fruits in your life?
- What are you learning about the unity of contemplation and action?

Engagement

The central engagement activity is the Weaving Our Roots retreat. The activity is guided by a series of questions or topics for reflection. You are encouraged to use your notebook or whatever form of “journal” that you wish to record your experience of this process.

Engagement: Weaving Our Roots Retreat

As we begin Movement 2, we are captivated with how our imaginations might now assist us in opening up Chapter 1 of our IHM Constitutions. We felt it was important to have some significant and creative moments together. This time together in stillness and conversation would invite us to engage our imaginings and to strengthen our unity which is woven from both our common life and our diversity. This will help us to reclaim anew Chapter 1 of our IHM Constitutions as we continually grow in moving from “me” to “we.”

We are offering this retreat through scheduled opportunities online and in person. Please see the dates below. We also recognize that these dates may not suit everyone. And so we have a “Retreat in a Box” version that you can download on the private side of the IHM website under “Exploration into Spirituality.” This kit will be available starting Oct. 15. It will have the basics of what you need to be able to adapt the retreat materials into your own personal Weaving Our Roots retreat or to host an in-person or online retreat with others.

***“Come away to a quiet place
all by yourselves and rest a while.”***

Mark 6:31

Engagement: Retreat Dates

- **Oct. 21-22 at Maxis Center and facilitated by Marianne Gaynor, IHM, and Mary Katherine Hamilton, IHM**
- **Oct. 28 at Visitation and facilitated by Margaret Clor, IHM Associate, and Peggy Schmidt, IHM**
- **Oct. 29 at River House and facilitated by Margaret Clor, IHM Associate, and Betty Leon, IHM**
- **Nov. 9 at Visitation and facilitated by Ellen Rinke, IHM, and Kathie Budesky, IHM**
- **Nov. 11-12 at Maxis Center and facilitated by Ellen Rinke, IHM, and Lynne Moldenhauer, IHM**
- **Nov. 16 at IHM Motherhouse and facilitated by Ellen Rinke, IHM, and Judith Bonini, IHM**
- **Nov. 18 at IHM Motherhouse and facilitated by Margaret Clor, IHM Associate, and Mary Fran Uicker, IHM**
- **Nov. 20-21 at River House and facilitated by Marianne Gaynor, IHM, and Paula Cooney, IHM**

Registration Deadline: Oct. 7, 2021

The registration form is available on the private side of the IHM website under “Exploration into Spirituality.”

The “Retreat in a Box” material will also be available on the website after October 15 for you to use individually or with others.



III. Expanding Your Experience

Ways to Connect

Our journey into Exploration into Spirituality continues as we begin our experience of Movement 2. We gather up, as at harvest time, our many reflections from Movement 1 and focus them into what is distinctive to, or has emphasis for, IHM Spirituality. You are encouraged to find ways to connect with others during this movement. Below are some ideas to spark your imagination.

Ways to Connect: Personal and “at home” connections

Here are some ideas for your own personal activity or to engage with those with whom you live.

- Sign up for one of the Movement 2 retreats to be held in the fall of 2021. See Page 33 for details.**
- Experiment with a new art medium or craft that expresses a long-time buried gift that surfaced during Movement 1.**

- **Use a journal to express feelings of renewed connectedness with others as we begin to open up from this time of isolation from the pandemic.**
- **Review your spiritual journey reflecting on growth and challenges over time.**
- **Create a mind map of IHM Spirituality as you perceive it. A Mind Map is a creative exercise in which a person makes a diagram used to visually organize information. For ideas on how to do this, search online using the keyword phrase “mind maps.”**
- **Explore and consider your immediate environment – what is present there that speaks to your connection with God?**
 - **What needs to change?**
 - **What is distracting?**
 - **What could be added?**

Ways to Connect: Moving outward

These ideas are for connecting with others in the IHM community beyond your home. Please keep in mind safe distancing as appropriate.

- Invite others to a ritual experience acknowledging and honoring each individual's learnings from Movement 1.**
- Consciously choose to connect with someone IHM you have dearly missed during the Pandemic.**
- Join a Zoom conversation with others in the IHM community and facilitated by members of the Direction on Spirituality committee. Time and dates will be announced in the IHM community emails.**
- Connect with others in the IHM community who are from a different culture or have a different language – feel free to ask for translation help.**
- Write a note to someone – family member, friend, IHM Sister or Associate – inviting continuing dialogue.**
- Send free greeting cards by email, e.g., [123Greetings.com](https://www.123Greetings.com).**

- **Engage in spiritual listening as you go for a walk or gaze outside and bring your listening into conversation with the themes of this movement.**
- **Engage in spiritual listening with another, give back what you heard, exchange feelings that well up in you as you listen.**
- **Visit with someone by video using Zoom or Google Connect.**
- **Initiate a Self-Organized Group (SOG). Instructions on forming this type of group can be found on the private side of the IHM website.**
- **Make Movement 2 part of Wisdom Circle and Mission Circle gatherings, keeping in mind the energies of all involved.**
- **Keep one another in prayer throughout this movement; we especially ask members of the Blessing Circle to pray for the IHM Community.**
- **Sign up for an in-person or online retreat opportunity.**

- **Take advantage of online concerts, plays, museum art shows, conferences.**
- **Start a book club encounter online with friends on a mutually chosen topic connected to spirituality.**
- **Enjoy the music, the productions, the beauty, the learnings.**

***“By having reverence for life,
we enter into a spiritual relationship with the world.”***

Albert Schweitzer

Ways to Connect: Movement-Specific Connections

These are ideas related to specific parts of the movement.

Ways to Connect: Invitation

- Form a group to watch the video together and then use the reflection questions in a discussion.

Ways to Connect: Discovery

- Construct a timeline of how the elements of your own spirituality have developed.
- Share with another person or group some significant dates in your own personal timeline linking with the IHM Spirituality Timeline.
- Share other resources you have found helpful in your journey into spirituality – suggest a resource swap.
- Watch Sandra Schneiders’ webinar on “Foundations in Spirituality for Everyday Living” found in the Exploration into Spirituality section on the private side of the IHM website.

Ways to Connect: Engagement

- Enter into the Weaving Our Roots retreat experience with others.
- Find a notebook, sketch pad, canvas, recorder or other way to “journal” creatively in a medium that is meaningful to you as you go through the retreat.
- Reflect with others in the IHM community about their experience of the retreat, asking what the gift is from this for us.

"O God, you have searched me and you know me.

You know when I sit and when I rise;

you perceive my thoughts from afar.

You discern my going out and my lying down;

you are familiar with all my ways.

Before a word is on my tongue you know it

completely, O God."

Psalm 139:1-4

Ways to Integrate

There have been many processes and activities flowing out of our Chapter 2018 Direction. This exploration into spirituality – while its own process – is a way to become more aware of the connections to other congregational processes and activities.

Suggested ways to integrate are as follows:

- make elements of this process part of the Governance Circles and Coordinating Council's conversations and prayer;**
- reflect on the IHM public statements and how spirituality informs our corporate stances on issues such as violence, racism and immigration;**
- revisit the Chapter 2018 Direction and listen anew to how God is calling you and the IHM community;**
- find a place of grounding in your spirituality for holding the critical issues that the IHM community is facing including the future use and ownership of the land and buildings located on the Monroe Campus;**

- search as you journey through the movement for opportunities to see and give voice to connections between the movement and the Chapter Act;
- share with inquirers who are interested in the IHM community about spirituality and how the IHM community nourishes your spiritual journey;
- explore the spiritual history of our community and our sister communities, the Oblate Sisters of Providence (oblatesisters.com), the IHM Sisters of Immaculata (ihmimmaculata.org), and the IHM Sisters of Scranton (sistersofihm.org); visit the website of the four communities at ospihm.org.



Learnings

We invite you to reflect on your learnings and those of others throughout this Movement.

1. What is the gift to us from this? In other words, what are some of the gifts that are meaningful for you? In what way are these also gifts to the IHM community and the world?

- What was new?**
- What built on what you already knew?**
- What was surprising?**
- What moved your heart?**
- What spurs you to action?**

2. As you look back on the experience of Movement 2, what do you carry with you into the next movement?

This process of exploration into spirituality is unfolding and evolving. We welcome your ideas, suggestions, and feedback on the process. Please contact the members of the Direction on Spirituality Committee using the information on page 9.

Creative Suggestions for Movement 3

Now that you have experienced Movements 1 and 2 perhaps you have some ideas for Movement 3 which has a general theme of exploring our IHM Spirituality through the liberating mission of Jesus and the sacred universe. Please let us know your ideas and thoughts by Dec. 1, 2021.

Heartfelt Thanks

The Direction on Spirituality Committee would like to thank the IHM Community for entrusting us with this process and for entering in with an open heart. We also thank Calley Duffey for editing; Gloria Rivera, IHM, for translation; and Rosa Gouveia for interpretation during meetings; and all who had a hand in helping with this second movement.

Quick Help

- For help on the process, please see page 9.
- For online resources, go to “Exploration into Spirituality” on the private side of the IHM Website.



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