

Weaving Our Roots “Retreat in a Box”

Retreat Guide

Exploration into Spirituality | Movement 2
October 2021

The central engagement activity of Movement 2 is the Weaving Our Roots retreat. The activity is guided by a series of questions or topics for reflection.

The “Retreat in a Box” format allows you the freedom to pray this alone or together with a group. The “timings” are what will be used for the scheduled retreat gatherings. These can be easily adjusted to fit your individual need or the needs of the group you are facilitating. This retreat is the 1.5-day retreat that allows for a bit more reflective space.

Preparation:

Prior to the retreat, please review the following:

- Read “‘Not Two Exactly Alike’: IHM Spirituality” by Margaret Brennan, IHM, in *Building Sisterhood*
- Review “Contemplative Dialogue at the LCWR Assembly” by the Leadership Conference of Women Religious
- Review “IHM Spirituality Timeline” found in the Guidebook for Movement 2 and as a separate document

All resources are available on the private side of the IHM website under “Our Life Together”. Click on “Chapter Direction on Spirituality”. Under “Movement 2”, the resources are listed under “Engagement—Weaving Our Roots ‘Retreat in a Box’”.

Please bring to the retreat:

- IHM Constitutions
- Guidebook for Movement 2
- Journal and writing/drawing tools
- A vial of water from where you reside
- A sack lunch and beverage for yourself

Day One – Morning Session

9:30 AM Opening Prayer

Begin with an opening prayer that helps retreatants enter into a sacred space with God and one another.

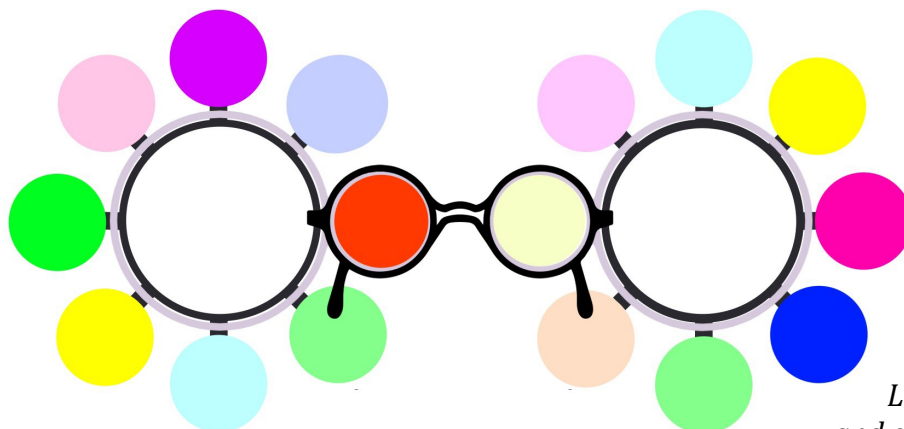
Reading

The eye is an organ that detects light and sends signals along the optic nerve to the brain. In humans, the eye is a valuable sense organ that gives us the ability to see. It allows for light perception and vision, including the ability to differentiate between colors and depth. The eye's lens is a transparent bi-convex lens that bends light rays entering the eye. It focuses images upside down on the retina at the back of the eye. It can also change its shape so that the eye can focus on objects that are near or far away.

But it isn't just the organ of the eye that is in use as I "see". I am a spiritual, contemplative, social, psychological being, and my mind's eye uses these lenses and many others in "seeing" what is before me.

Reflection Questions

- What are some different lenses through which you see the world? How does the same situation "change" depending on what lens you are using?
- Spend time with LCWR's Contemplative Dialogue piece. How does it assist you in moving into this day?
- Now and during the retreat, ask yourself: How is my imagination being stirred as I move through this day?



*"Perception" by
Laurensvanlieshout
and adapted by J. Vieira*

10:00 – 11:15 AM Contemplative Reflection

Looking at Chapter 1 of the *Constitutions*, what lenses did you use to interpret meaning when **first introduced** to Chapter 1?

As you look at Chapter 1 **now**, have your lenses changed? Have you discovered new lenses to use?

- What do you consider strong verbs in Chapter 1, and how do you interpret them using new lenses? How do these verbs move you/us from contemplative to action?
- What visual images, songs/hymns, poetry, writings come to mind as you reflect on Chapter 1?

11:15 – Noon Group Sharing

Depending on the number of participants you may divide the group into smaller breakout groups for sharing.

Day One – Afternoon Session

1:30 PM Video: “Life of A River” by Science Trek (May 18, 2020)
<https://www.youtube.com/watch?v=y8ZefORto7k>

1:50 – 2:30 PM Reflective Questions for Contemplation

- How do people and life experiences affect the flow of our life in community?
- How do the issues of ecology, systemic racism, migration, climate change affect the flow?
- What other influences might there be, as an individual and as part of our community?
- Use “IHM Spirituality Timeline” in the Guidebook for Movement 2 as a resource.

2:30 – 3:00 PM Group Sharing

3:00 PM Break

3:15 – 3:40 PM “Not Two Exactly Alike’: IHM Spirituality” by Margaret Brennan, IHM,
in *Building Sisterhood*

Contemplative Questions

- What is your vision of “not two exactly alike” in the context of our shared common history and heritage?
- How important is sustained interaction between us around foundational issues? What does this sustained interaction look like?
- How are the “weighty questions” of today influencing our thinking and feeling around the IHM mission?
- What other individual and community influences might there be for us to reflect upon?

3:40 – 4:10 PM Group Sharing

4:15 PM Closing

- Video: “Weaving a River – Meditation” arranged by YouTuber “See more-art”
<https://www.youtube.com/watch?v=THGqEBIxG6E>



Day Two – Morning or Afternoon Session

9:30 – 10:00 AM Welcome Back/Opening Prayer

Context for Session: Focus on the “We”

It is important to situate this time together around the decisions that we will have to make communally within the next 10 years. Making the “we” stronger so we come to own that our unity is in the sisters and associates within the community.

*The main movement of contemplative dialogue
is from I to We and back to I again
— a continual flow engaging
the personal and the collective.*

LCWR on Contemplative Dialogue

- Are there lingering thoughts from yesterday?
- Listen to “Concerto for Strings and Continuo in A Major RV 158” by Vivaldi
<https://www.youtube.com/watch?v=jdB-PBI40Z8>

10:00 – 11:15 AM Contemplative Reflection

Contemplative Question

- If we imagine the IHM Community as a river, how does an individual’s attitudes and actions affect the continuing flow and health of the river?

11:15 – 11:45 AM Group Sharing

11:45 – 12:00 PM Break

Reading – John 7:38

*Whoever believes in me, as Scripture has said,
rivers of water will flow from within them.*

Reflection Question

- What is gift and grace from this retreat?

Prayer

- Invite each person to come to the table and pour their vial of water into the bowl and share the gift and grace of the retreat.
- Listen to “River of Glory” by Dan Schutte
<https://www.youtube.com/watch?v=yy8wEsOpD14>

River of glory, springs of our birth
Flood of God's riches poured on the Earth
We are born from the darkness
And clothed in the light!
We are bathed in the glory of God!

Fountain of mercy
Grace flowing free
Streams of salvation,
Spilling with love from a tree!

Here there is haven,
Healing, and health,
Joy for the asking,
Love in abundance of wealth!

Bread for our journey
God will provide,
Hope for all ages,
Jesus, companion, and guide!

Darkness is banished,
Night turned away.
Christ is our sunlight
Lifting and leading our way!



*Lyrics used with
permission via
OneLicense.net*

Resource List of Suggested Items for the Retreat Leader to Bring

- Agenda for the day
- Bowl for mingling retreatants' water
- Small table, cloth, plant and candle and lighter
- Pictures of water
- Laptop or tablet to access the following links:
 - "Life of A River" by Science Trek (May 18, 2020)
<https://www.youtube.com/watch?v=y8ZefORto7k>
 - "Weaving a River – Meditation" arranged by YouTuber "See more-art"
<https://www.youtube.com/watch?v=THGqEBIxG6E>
 - "Concerto for Strings and Continuo in A Major RV 158" by Vivaldi
<https://www.youtube.com/watch?v=jdB-PBI40Z8>
 - "River of Glory" by Dan Schutte
<https://www.youtube.com/watch?v=yy8wEsOpD14>
- Speakers and TV/screen for better audio and video (plus necessary cables)
- Digital or printed copies of the following resources:
 - "Not Two Exactly Alike': IHM Spirituality" by Margaret Brennan, IHM, in *Building Sisterhood*
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