

IHM Chapter Direction – Exploration into Spirituality

Movement 3



**Dirección del Capítulo IHM –
Exploración en la Espiritualidad**

Movimiento 3

A Guidebook
Una Guía

March 2022 Marzo – September 2022 Septiembre

Welcome y Bienvenidas

We move now into Movement 3. Much has happened in our first two movements, as well as in our lives and the sacred universe in which we live. We've faced some pretty challenging realities. COVID has taken many of our loved ones and always seems to overshadow our daily life. Black parents continue to fear for their children's lives at the hands of a society entrenched in white supremacy. The precious Earth struggles in the face of devastation.

In fact, everything feels precarious – even in our own IHM Community. We face difficult decisions about our life together and our mission. We feel in our bones the shifts in religious life itself and in IHM. As our wisdom figures remind us, these struggles – though new to us – are not new to religious life. We are called to listen, discern and actively enter into the “ever new” of the Spirit. Returning to our initial charism, we must trust in Providence: God has provided, is providing and will provide.

Pasamos ahora al Movimiento 3. Mucho ha sucedido en nuestros dos primeros movimientos, así como en nuestras vidas y el universo sagrado en el que vivimos. Nos hemos enfrentado a algunas realidades bastante desafiantes. COVID se ha llevado a muchos de nuestros seres queridos y siempre parece eclipsar nuestra vida diaria. Los padres negros continúan temiendo por la vida de sus hijos a manos de una sociedad arraigada en la supremacía blanca. La preciosa Tierra lucha ante la devastación.

De hecho, todo se siente precario, incluso en nuestra propia Comunidad IHM. Enfrentamos decisiones difíciles referentes a nuestra vida en común y nuestra misión. Sentimos en nuestros huesos los cambios en la vida religiosa misma y en IHM. Como nos recuerdan nuestras figuras de sabiduría, estas luchas, aunque nuevas para nosotras, no son nuevas para la vida religiosa. Somos llamadas a escuchar, discernir y entrar activamente en lo “siempre nuevo” del Espíritu. Volviendo a nuestro carisma inicial, debemos confiar en la Providencia: Dios ha provisto, provee y proveerá.

The "Exploration into Spirituality" experience offers us one way to navigate the precarious waters of today and to find some ballast in the boat through our grounding in our own personal spirituality (Movement 1) and in IHM Spirituality (Movement 2).

As IHMs, our grounding in spirituality is inextricably linked with our calling to God's mission. In Movement 3 then, we explore spirituality through the lens of mission with a particular focus on justice.

How can spirituality and mission, together, accompany us and move us toward transformation in the midst of a turbulent world? And as we have pondered through these movements, we ponder this question again: What is the gift to us from this?

Let us hold one another in prayer as we begin and let us listen keenly and faithfully to the call of the Spirit in the self, in relationships, and in all of life.

La experiencia de "Exploración en la Espiritualidad" nos ofrece una forma de navegar las aguas precarias de hoy y encontrar algo de lastre en nuestro bote basadas en nuestra espiritualidad personal (Movimiento 1) y en la Espiritualidad IHM (Movimiento 2).

Como IHM, nuestra base en la espiritualidad está indisolublemente unida a nuestro llamado a la misión de Dios. En el Movimiento 3, exploramos la espiritualidad a través del lente de la misión con un enfoque particular en la justicia.

¿Cómo pueden acompañarnos la espiritualidad y la misión, y guiarnos hacia la transformación en medio de un mundo turbulento? Y así como hemos reflexionado a través de los dos movimientos, reflexionemos sobre esta pregunta nuevamente: ¿Cuál es el regalo para nosotras en todo esto?

Al comenzar respaldémonos unas a otras en oración y escuchemos atenta y fielmente el llamado del Espíritu dentro de uno mismo, en nuestras relaciones y en la vida entera.

A guide to the Guidebook | Una guía de la guía

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:

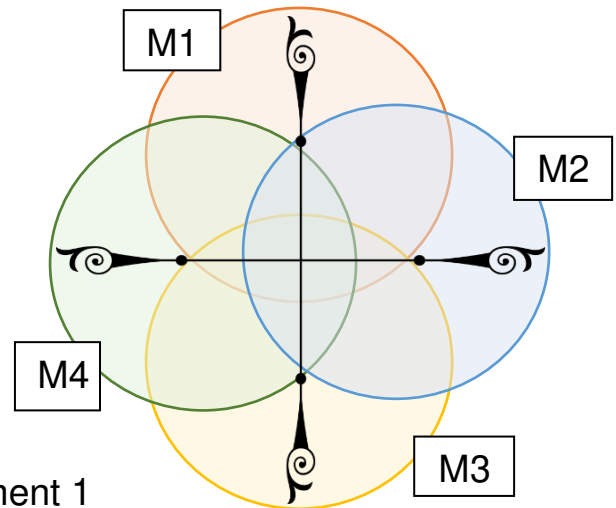
Welcome	2
I. Reminders about the Process	5
• the process	5
• navigating the movements	5
• where to go if you need help along the way	6
II. Entering into the Third Movement (March – Sept. 2022)	8
• invitation	9
• discovery	11
• engagement	21
III. Expanding Your Experience	24
• ideas for ways to connect with others and with God	24
• ideas for ways to integrate this process with other congregational processes	27
• sharing your learnings	28

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 yourself.

I. Reminders about the Process | Recordatorios acerca del Proceso

The Process | El proceso

“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
March 15, 2022 – Sept. 14, 2022	Movement 3
Sept. 15, 2022 – Feb. 28, 2023	Movement 4

Navigating the Movements | Navegando los Movimientos

Like movements of a musical composition, our movements build upon one another. Yet each is also self-contained and 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.

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.

Where to Go for Help | A Quien Acudir en Busca de Ayuda

Help with the Process | Ayuda con el proceso

Please contact any member of the Direction on Spirituality Committee.

- Maria Antonia Aranda Diaz +1 915-261-3047
mariaantoniaad@outlook.com
- Carmen Armenta Lara +1 915-861-1241
armentaihmcarmen@hotmail.com
- Margaret Clor +1 989-479-6518
m_clor@yahoo.com
- Marianne Gaynor +1 734-790-9050
mgaynor@ihmsisters.org
- Maureen Kelly +1 915-502-5657
hermanasicmmx@gmail.com
- Susan Rakoczy +1 313-247-0945
srakoczymonroe@gmail.com
- Ellen Rinke +1 734-790-4281
erinke@ihmsisters.org
- Julie Vieira +1 773-213-7717
jvieira@ihmsisters.org

Help with Accessing Materials | Ayuda para acceder a los materiales

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

Help connecting with others | Ayuda a conectarte con otros

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 | Ideas, sugerencias y comentarios

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 above.

A Note from the Committee | Una Nota del Comité

As with the previous movements, you will notice an intermingling of English and Spanish, el inglés y el español. There is a full version of this guidebook in each language; 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.

IHM Motherhouse Window
by Julie Vieira



II. Entering into Movement 3 | Entrada en el Movimiento 3

The focus of the third movement is spirituality and justice.

Spirituality and justice are like two sisters connected by heart with one another. Mary and Martha, contemplation and action, peace and justice – these images and others speak to our deep awareness of the inherent connection between spirituality and mission.

*Urged by the love of God,
Revealed in Christ Jesus and
“poured out in our hearts
by the Holy Spirit
who has been given to us,”
we share in Christ’s own
redeeming mission
in the reality of our times
through a variety of ministries.*

-- IHM Constitutions §2



Martha and Mary stained glass detail from Notre Dame de la Chapelle in Brussels; Photo by Laurence OP

To what have we been “urged by the love of God” all down the years? How have our Sisters and Associates experienced the integration of spirituality and justice? Why has Affirmation 10 remained so important over the past 50 years to how we understand ourselves and our call from God? We’ll explore the image of the “two feet of love” from Catherine of Siena as a way to explore love of God and love of others. The engagement activity for this movement is a creative one. We invite you to get out your markers, fabric, glue, or even just a pencil and piece of paper! We will each be creating a “mind map.” All the instructions are included, as well as some examples to help get you going.

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 | Invitación

As we transition into Movement 3, 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. This personal exploration prepared 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.
- The focus of the second movement was IHM Spirituality and its distinctive characteristics: Biblical-Liturgical, Alphonsian, Ignatian, Feminist, Ecological and Contemplative. We looked at IHM Spirituality and its development historically in relation to world events, the church, religious life and IHM life. We also entered into a more contemplative space to explore Chapter 1 of our *IHM Constitutions* through both the Invitation video, “Drawn Together in Community” highlighting Chapter 1 of our *IHM Constitutions* and the Weaving Our Roots Retreat.

You are invited now to enter into Movement 3 beginning with the Invitation video, “Urged by the Love of God” exploring how people in the IHM Community have experienced the inextricable integration between the love of God (spirituality) and the love of others (justice).

To see the video, please go to “Chapter Direction on Spirituality” on the private side of the IHM Website under “Our Life Together.” Take your time with this moment of invitation.

Reflection Questions Accompanying the Invitation Video | Preguntas de Reflexión para el Video de Invitación

1. What was it like for you to listen to people in the IHM Community tell their stories of being “urged by the love of God?”
2. Going back to your childhood or young adult years, what was an important “aha!” moment when you felt “urged by the love of God” to reach out to help someone? How has that moment unfolded in your life?
3. What is something today in which you feel “urged by the love of God” and compelled to act on behalf of justice? How does your spirituality (personal and IHM) nurture this? And how does acting on behalf of justice impact your spirituality?

Discovery | Descubrimiento

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 the movement.

The two sections of this “Discovery” present the spiritual and theological framework for reflection on our IHM commitment to social justice and the transformation of our world through action for justice, as we engage with the issues of the climate crisis, systemic racism and migration amongst others.

Affirmation 10: All Down the Years | Afirmación 10: A lo Largo de los Años

The first reflection demonstrates the strength of our corporate commitment to social justice, flowing from Affirmation 10 of Assembly 72. Its vision has permeated all IHM Chapter and Assembly statements as it challenges us to discern the newest “sign of the times”. This reflection begins on page 12.

Walking on the Two Feet of Love | Caminando con los Dos Pies del Amor

Catherine of Siena (1347-1380), Italian mystic and Doctor of the Church, challenges us to “walk on the two feet of love.” For Catherine, these are love of God and love of neighbor; for us they are spirituality and social justice. We are invited to walk confidently wherever the Spirit leads us. This reflection begins on page 16.

Connecting with Others | Conectándote con Otros

Please see the “Ways to Connect” beginning on page 24 for ideas on how to share this experience with others.

Affirmation 10: All down the years | Afiración 10: A lo Largo de los Años

Affirmation 10: All Down the Years Afiración 10: A lo Largo de los Años

Susan Rakoczy, IHM

IHM Assembly 72 was held fifty years ago. This is an auspicious anniversary to celebrate since fifty of anything is impressive. This IHM Assembly wrote what we refer to as “Affirmation 10” which expresses our commitment to social justice in our lives and ministries. Its spirit and sometimes its wording appears in IHM Chapter and Assembly documents “all down the years.”

When Margaret Brennan, IHM, then IHM President, proposed a General Assembly for 1972, she stated: “The concerns of such a General Assembly would be to form affirmations, and sometimes to affirm vital issues concerning the life and the mission of the Congregation.” Regional assemblies met to surface the issues that were most significant to IHMs at that time. These were “the materially poor”, institutional racism, war (the Vietnam War was raging) and an “economic or political institution that exploits any person or group.” The list sounds familiar to us in 2022. Missing was ecological justice although the first Earth Day had been held in 1970.

At the General Assembly, Affirmation 10 was approved in the following quoted statement:

We affirm that

- At this time communal discernment directs us to channel the resources of our congregation, through our various works, toward the eradication of the causes and forms of injustice and oppression and toward the creation and promotion of structures which will correct inequities in society and disunity among men [sic].
- Our corporate concern and action must continually witness to our basic agreement on gospel principles and offer clear support to individuals as they responsibly follow their consciences in matters of social justice.

- Ongoing education leading to continual corporate discernment and concrete action on pressing social problems should be encouraged.

There are three biblical and theological principles that grounded this IHM commitment. The first is Luke 4:16-21 in which Jesus announces his mission and ours:

¹⁶ When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, ¹⁷ and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

¹⁸ “The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
¹⁹ to proclaim the year of the Lord’s favor.”

²⁰ And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him.

²¹ Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

The second is the theological perspective of the Second Vatican Council in its “Pastoral Constitution on the Church in the Modern World”:

The Church has always had the duty of scrutinizing the signs of the times and of interpreting them in the light of the Gospel. Thus, in language intelligible to each generation, she can respond to the perennial questions which men [sic] ask about this present life and the life to come, and about the relationship of the one to the other. We must therefore recognize and understand the world in which we live, its explanations, its longings, and its often dramatic characteristics.

-- *Gaudium et Spes* §4

This statement gives us a methodology for implementing Affirmation 10. We are to always be alert and aware of our world and its challenges. Some are perennial, e.g., racism, but some are new, such as our response to the COVID pandemic.

The vision of Vatican II was something quite revolutionary for the Church of that time. The Council closed the door to any sense that the Church must hide away from the world. In 1971, a year before Affirmation 10, the Synod of Bishops focused on justice in the world and emphasized that,

Action on behalf of justice and participation in the transformation of the world fully appear to us as a constitutive dimension of the preaching of the Gospel, or, in other words, of the Church's mission for the redemption of the human race and its liberation from every oppressive situation.

-- Justice in the World §6

“Constitutive” is the keyword: absolutely essential. Working for justice in our world is not an optional hobby for a few, but an imperative for all believers.

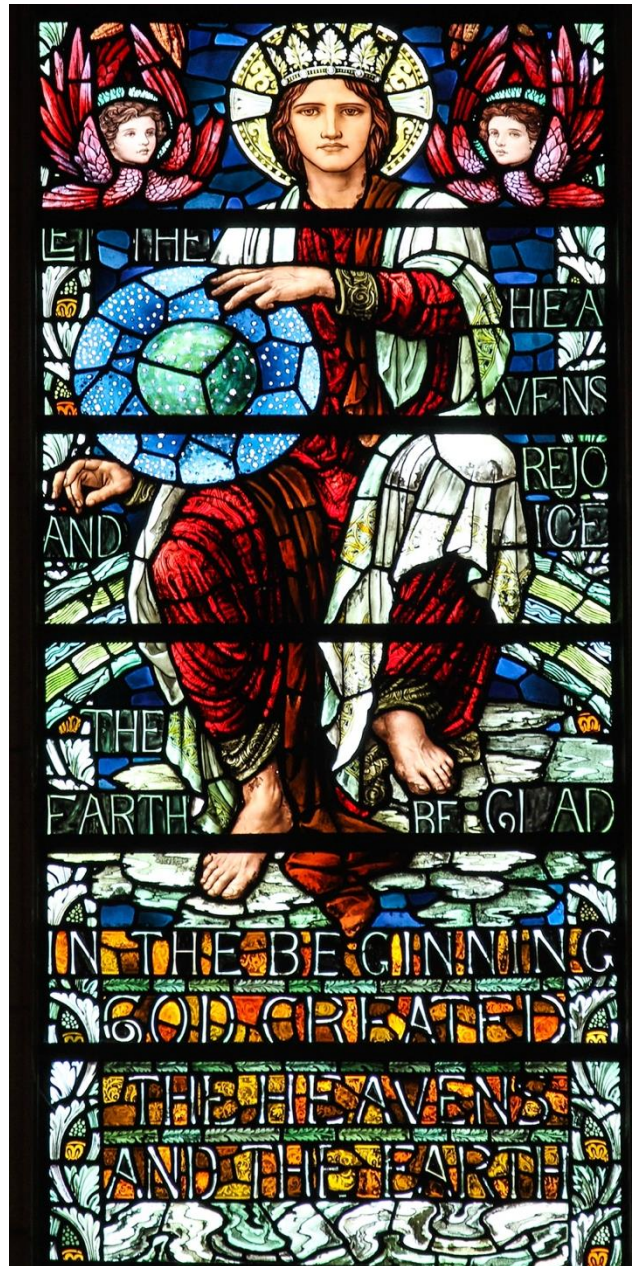


During these fifty years, the IHM Community has continued to build on the foundation of Affirmation 10. Sisters and Associates have responded to the “signs of the times” as they changed and evolved. The Vietnam War was replaced by other wars. The Cold War ended, but nuclear weapons remained. Institutional racism is still pervasive. The 70s saw the “second wave of feminism” grow; in 2022 there has been significant progress, but women around the world are not yet fully free in society and the church to share their

gifts. The 1970 Earth Day was seen by some as a curiosity. Today, ecology is at the heart of faith as we live in this time of climate crisis.

Pope Francis addressed his encyclical, *Laudato Si'*, to all people everywhere and called “for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us” (*Laudato Si'* §14). These concerns were foremost in the deliberations in October 2019 during the Special Assembly of the Synod of Bishops for the Amazonian Region and in the final document *Querida Amazonia*.

Down the years — chapter after chapter, assembly after assembly — the IHM Community has found in Affirmation 10, a vision and a call to conversion and action. It is certainly part of IHM DNA.



Stained glass detail from the west windows of Southwark Cathedral by Henry Holiday; Photo by Lawrence OP

Walking on the Two Feet of Love | Caminando con los Dos Pies del Amor

Walking on the Two Feet of Love Caminando con los Dos Pies del Amor

Susan Rakoczy, IHM

Most probably we have all observed a young child learning to walk. From crawling comes a cautious standing position — then a tentative moving from one reliable object such as a chair to another. Finally comes the moment of launch: letting go of the chair, the sofa, the parent's hand — and taking a first step or two. Family and friends applaud. And then the child falls over — and tries again.

We all did this and of course, we don't remember it at all. The challenge is balance: moving our two feet forward, one at a time. Soon walking becomes natural and only is impeded by an injury such as a sprained ankle. Hopping on one foot does not get us far.

Catherine of Siena (1347-1380), Italian mystic and doctor of the Church, models for us balance in our life of prayer and social commitment. But she learned this slowly. As a child, she had a vision of Christ above a church in her home city of Siena. Her response was to make a vow of virginity and after many struggles with her family, who planned that she would marry, led a life of prayer in the family home.

She was happy and content in her lifestyle of prayer and fasting. Then one day in prayer, she sensed that Christ was asking her to leave this security and begin to serve others outside the familiar home of her family. She protested strongly and Christ replied:

Dearest daughter, let it be so for this occasion, for so it is right for you to fulfill *all* justice, for my grace in you must now begin to bear fruit not only in yourself but in other souls as well. I have no intention whatever of parting you from myself, but rather of making sure to bind you to me all the closer, by the bond of your love for your neighbour. Remember that I have laid down two commandments of love: love of me and love of your

neighbour. 'On these two commandments,' as I myself bore witness, 'depend the Law and the Prophets.' It is the *justice* of these two commandments that I want you now to fulfill.' On two feet you must walk my way; on two wings you must fly to heaven.¹

She began to visit the poor and the sick in Siena; at times she gave away all the food the family had stored. After some struggles, since she was not a widow and was so young, she was allowed to become a Mantellate, a Third Order Dominican.



Statue by Francesco Messina near the Castel Sant Angelo in Rome;
Photo by Laurence OP on Flickr

¹ Raymond of Capua, *The Life of Catherine of Siena*, Translated by Conleth Kearns, O.P. (Wilmington, Delaware: Michael Glazier, Inc., 1980) §121, 115-116.

Catherine lived in an age in which scholar Suzanne Noffke observed that the Church and society were in chaos. The Great Pandemic was killing millions. The Italian city-states were constantly at war. And Church unity was fragile since the Pope had moved from Rome to Avignon in southern France.

As Catherine learned to walk on the two feet of love, she expanded her vision to include attempts at peace-making between the city-states (they were not very successful) and with family members and friends. They traveled to Avignon to try to persuade Pope Gregory XI to return to Rome. He did so in January 1377, but died a short time after and the Avignon papacy continued.



Image by Reissaamme on Pixabay

Catherine's image of "walking on the two feet of love" is a powerful one as we begin Movement 3. Each of us has her/his own history of how we have done this and the struggles we have experienced.

The bishops at Vatican II wrote very prophetically in *Gaudium et Spes* that the joys and hopes, the griefs and anxieties of the world are also those of the followers of Christ (§1). A few years later, in 1971 in the Synod on Justice in the World, this statement entered into the foundation of the Church's commitment to justice:

Action on behalf of justice and participation in the transformation of the world fully appear to us as a constitutive dimension of the preaching of the Gospel, or, in other words of the Church's mission for the redemption of the human race and its liberation from every oppressive situation.

-- Justice in the World §6

Affirmation 10 from Assembly 72 has shaped the IHM response to justice issues "all down the years."

At this time communal discernment directs us to channel the resources of our congregation, through our various works, toward the eradication of the causes and forms of injustice and oppression and toward the creation and promotion of structures which will correct inequities in society and disunity among men [sic].

Our corporate concern and action must continually witness to our basic agreement on gospel principles and offer clear support to individuals as they responsibly follow their consciences in matter of social justice.

On-going education leading to continual corporate discernment and concrete action on pressing social problems should be encouraged.

Our IHM Chapter statements always include reference to Affirmation 10, either from the actual text or from the vision it gives us.

Here are some reflection questions:

- Imagine your two feet of love: of God and others.
- Which is strong? Which is not so strong?
- Do you experience balance? Or do you sometimes hop on one foot?
- What strengthens your foot of the love of God?
- What strengthens your foot of the love of neighbor—near and far?
- Where are you walking now?

***Through our love for our neighbor
we can get to know God, who is love. Only
through loving
can we reach love.***

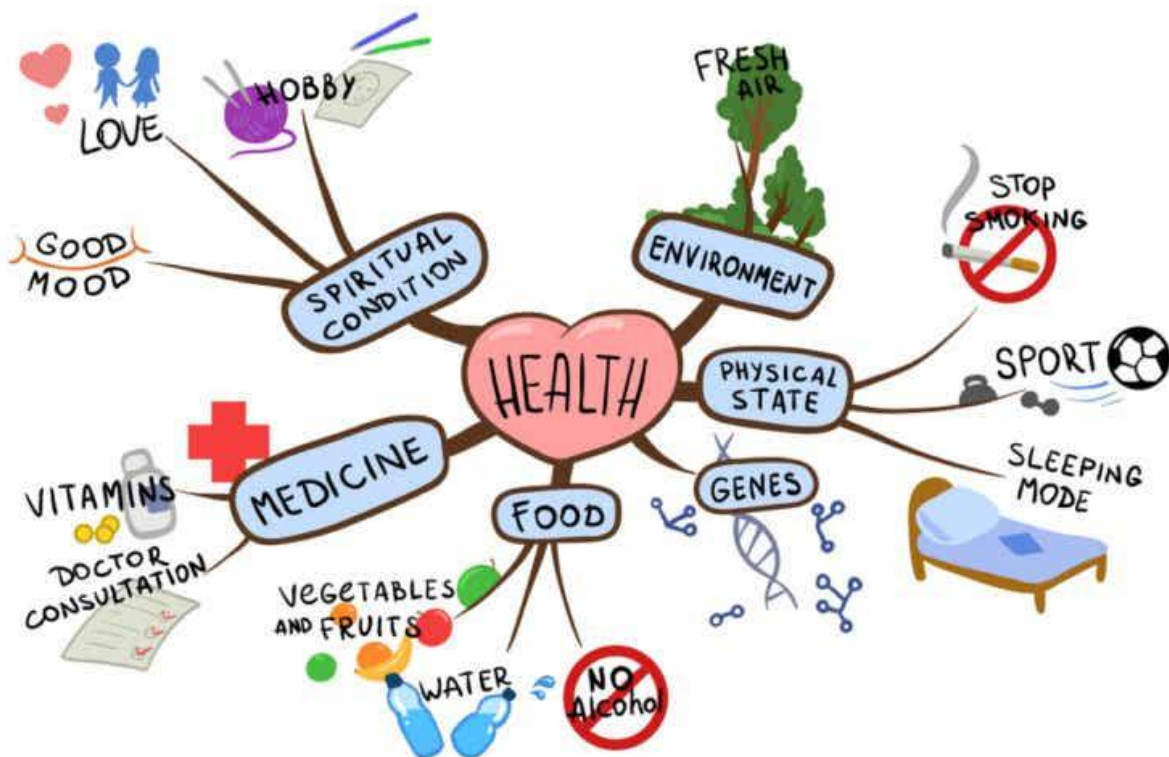
-- Pope Francis in a homily during mass
at Casa Santa Marta (Jan. 18, 2015)

Engagement | Compromiso

The central engagement activity is for each of us to create our own “mind map” of spirituality and justice. This activity can help us reflect on elements of our spirituality that we recognize more clearly after reading the article “Walking on the Two Feet of Love” and remembering the path of the Congregation with Affirmation 10.

A mind map is a tool that helps us to further clarify our ideas and organize information. It helps to recall and integrate information in a creative way such as making notes, associating and expressing ideas, etc. It consists of mapping our reflections on a specific topic, in this case, our spirituality. Drawings, images, signs, abbreviations, codes, keywords, music, poems and colors can all be used for a better representation of the theme.

Here is an example of a mind map around the theme of health:



source: <https://eresmama.com/ensenar-ninos-elaborar-mapas-mentales-estudiar/>

Here are some other examples of creative mind maps:

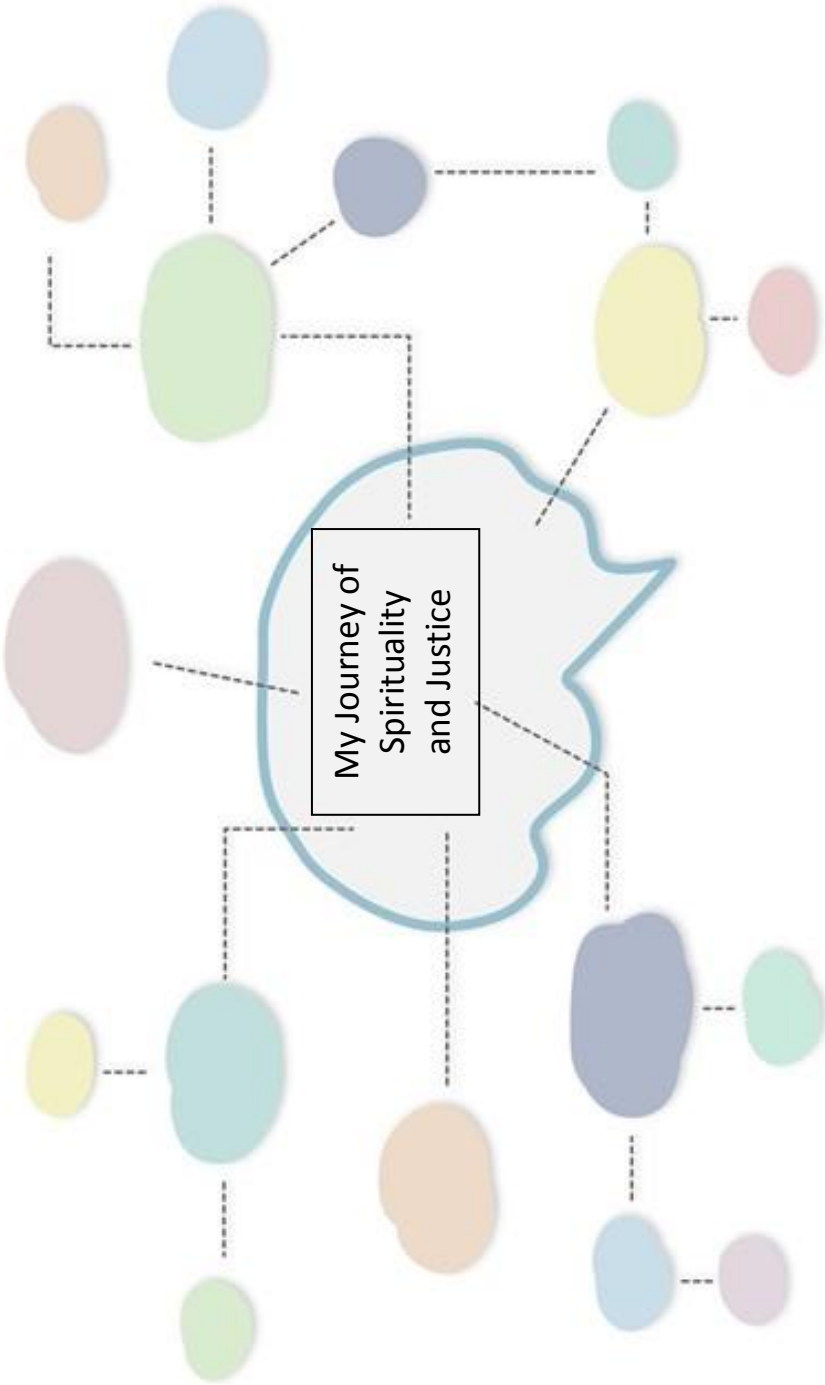
- Video in Spanish of the seven steps
<https://tinyurl.com/1-mindmap>
- Description of the mind map in English
<https://tinyurl.com/2-mindmap>
- Video on the basics of mind map in English
<https://tinyurl.com/3-mindmap>

As part of Movement 3 about our spirituality, we invite you to make your own mind map to express your reflections using all your creativity. Place on your map the most important elements that reveal how your spirituality is lived and embodied in the effort for a more just world today. It may help to first watch the Invitation video and the Discovery reflections on Affirmation 10 and the “Two Feet of Love.”

Steps to make your mind map:

1. Prepare materials to be used. This might include blank sheets of paper, markers, paints, images, newspapers, magazines, glue, ribbons, fabric, etc.
2. Retire to a personal space where you can have a moment of prayer, prior to the activity.
3. Bring to mind the main and secondary elements that are relevant in your spiritual life.
4. Start capturing your images, figures, names, words, feelings, emotions, facts, etc. on your mind map.
5. After you have finished your mind map, take another moment of prayer and reflection using the following questions:
 - a) Has your mind map helped you to visualize how your spirituality has been changing and developing in your walk together with the IHM Community?
 - b) How does the image of "walking on two feet" and the history of Affirmation 10 help you to live a spirituality embodied in the transformation of current reality?
6. Take a moment to thank everything in your life that has helped you to value your spirituality more and to continue your commitment to the Liberating Mission of Jesus Christ.

If helpful to you, here is a blank mind map that you can customize. Again, feel free to do your mind map in whatever way the Spirit leads you!



III. Expanding Your Experience | Ampliando tu Experiencia

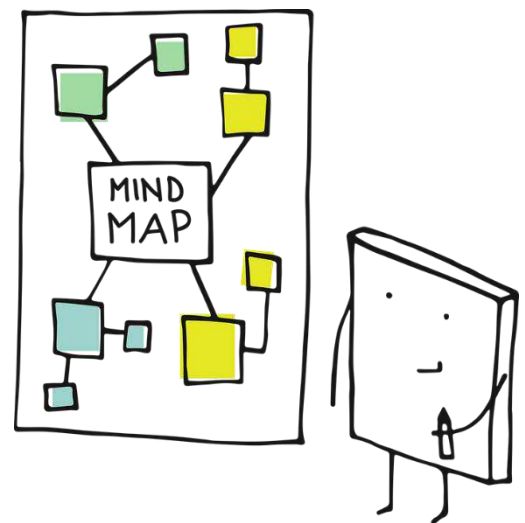
Ways to Connect | Formas de Conectarse

As we move out of winter into spring, we also make another shift from Movement 2 into Movement 3. Plan to create some space to awaken from a wintering experience to the freshness of spring, collecting what stays with you from Movement 3. Again, you are encouraged to find ways to connect with others during this movement. Below are some ideas to spark your imagination:

Personal and “at home” connections | Conexiones personales y "en casa"

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

- Experiment with a new art medium or craft that expresses learning from one of the retreats of Movement 2.
- 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 a conversation you had as you looked at the six dimensions of IHM spirituality and reflect on how they are present in your own life.
- Create additional mind maps on specific areas of your journey with spirituality and justice. Contemplate in what ways this may have changed over time.
- 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?



Moving outward | Moviéndose hacia afuera

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 prayer experience that holds the question, “What are the signs of the times and how are they leading us to take action today?”
- Consciously choose to connect with someone IHM you have dearly missed during the Pandemic, if possible, particularly someone in the McGivney Way Community.
- Share your mind map with others in a Self-Organizing Group (SOG). Perhaps create a group mind map that reflects “Walking on the Two Feet of Love.”
- 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. Allow a generous space for thoughts of justice within creation, taking advantage of the delights of being with early spring and the budding of summer.
- Engage in spiritual listening with another, give back what you heard, exchange feelings that well up as you listen.



- Visit with someone by video using ZOOM or Google Connect.
- Initiate, or continue, 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 3 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.
- Participate in a ritual prayer experience.
- 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.



Photo by @KarstenBergmann on Pixabay

Ways to Integrate | Formas de integrarse

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.
- Revisit Affirmation 10 and the 2018 Chapter Direction and listen anew to how God is calling you and the IHM Community.
- Reflect on the IHM public statements online and how spirituality informs our corporate stances on issues such as violence, racism and migration.
- 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 spirituality and the work of justice nourish your journey.
- Explore the spiritual history of our community and our sister communities, the [Oblate Sisters of Providence](http://oblatesisters.com) (oblatesisters.com), the [IHM Sisters of Immaculata](http://ihmimmaculata.org) (ihmimmaculata.org), and the [IHM Sisters of Scranton](http://sistersofihm.org) (sistersofihm.org); visit the website of the four communities at ospihm.org.



Learnings | Aprendizajes

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 3, 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 6.

***How did I get so lucky
to have my heart awakened
to others and their suffering?***

-- Pema Chödrön

Quick Help | Ayuda Rapida

For help on the process, please see page 6.

For online resources, go to “Chapter Direction on Spirituality” on the private side of the IHM Website under “Our Life Together”.

Creative Suggestions for Movement 4 | Sugerencias Creativas para el Movimiento 4

Now that you have experienced the first, three movements perhaps you have some ideas for the final movement of the Exploration into Spirituality process. Please let us know your ideas and thoughts by July 15, 2022.

Heartfelt Thanks | Gracias de Corazon

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; Rosa Gouveia for interpretation during meetings; and all who had a hand in helping with this third movement of our Exploration into Spirituality.



Sisters, Servants of the Immaculate Heart of Mary
610 W. Elm Ave.
Monroe, MI 48162
+1 734-241-3660
www.ihmsisters.org