



## FORMATION SESSION 9:

### *Ignatian Spirituality*

*Finding God in all things...*

“As the Congregation became established, as more people became aware of the work of the Sisters and as new initiatives in healthcare and education of the poor were commenced, Mary had to make decisions that would have significant consequences. Not simply for the present but for the future of the Congregation. The benefits of Mary’s commitment to Ignatian Spirituality were foundational for her decision-making, particularly in the early years. Her reflection on the life of Ignatius, himself called to discern the ways in which God was calling him and his Society to do God’s will in the particular context in which the Jesuits were ministering, continued to influence Mary’s response to those in need.” ... Extract from the MAM Round Table page 10

	Program and Focus	Guide Notes
Welcome  Setting the Scene:  5 min	Leader: This session intended to offer participants an <u>understanding and experience</u> of Ignatian Spirituality. The Leader may choose to read out the above extract from the MAM Round Table document. <a href="#">Click here</a>  Begin with a welcome and reflective music. Suggestion: Dante’s Prayer sung by Loreena McKennit YouTube	
15 minutes	Ignatian Spirituality Power Point Leader encouraged to lead conversation with the PowerPoint presentation. <a href="#">Click here</a>	
10 minutes	<i>Reference: Ministry of Love, the Story of the Sisters of Charity 2018: pages 26-29. <a href="#">Click here</a></i> <i>What does this chapter tell us about the Sisters of Charity and our MAEA College Heritage?</i>	Leader Note:
<i>By this Everyone Will Know...</i>	There are references to Ignatian Spirituality throughout btewk.com.au	This section and the next

refer btewk.com.au  10min	Refer Resource 1. Consider a selection of quotes from btewk listed below and ask each other: What does this mean for our MAEA college today? Where are the opportunities to grow and develop?  OR Alternatively invite participants to access the <a href="https://www.btewk.com.au/">https://www.btewk.com.au/</a> and consider where and how Ignatian Spirituality is referenced and opportunities for growth in their MAEA College.	can be blended.
Heritage and Story – Informing the present and future...  15 min	For Discussion:  <b><i>How does Ignatian Spirituality call us?</i></b> <b><i>How can Ignatian Spirituality enhance our work as leaders/teachers?</i></b>	
Concluding comment  5 min	Leader: <b><i>Invite participants to sit quietly for a couple of minutes: Ponder their understanding of Ignatian Spirituality and consider how you can be nurtured as you collectively lead and serve your college.</i></b>	
Final Prayer/ Reflection.  5 min	Refer Reimagining the Examen App, available on the App Store app in smart phones.  This app offers a unique prayer experience that is tailored to one's needs and mood. Each Examen, based St Ignatius's 500-year-old prayer, guides you through a stimulating reflection on your day, helping you invite God into the nitty-gritty of life.  Note that there are a range of titles to select from. It is recommended that the leader of this formation session leads participants through the reflection. One of the following may work for your group: Ask for Grace Gratitude My thoughts words and deeds. Today's surprises Reviewing today's Places, Things and Activities.	<b><i>Note: this app needs to be in place before you begin the session</i></b>

<b>Reference Material:</b>		
Bible		
Mary Aikenhead Ministries' Round Table resource.		
Ministry of Love, the Story of the Sisters of Charity 2018: pages 26-29.		
Ignatian Spirituality Power Point.		
Refer Reimagining the Examen App, available on the App Store app in smart phones.		

Resource 1:

**From 'By This Everyone Will Know...':**

In Christian tradition, the contemplative is 'all eyes' – paying attention, being alert, keeping vigil, learning again and again how to read human life and events that disclose God's presence. The one who is truly contemplative has learned to be contemplative not only in prayer, but likewise in action.

In a Mary Aikenhead Ministries' college that spirituality finds expression in the relationship between the individual, God and the world. Ignatian spirituality tells us that God is an active God, and that we are called by Christ to be active with God in and for our world.

Through the deliberate application of effective processes of contemplation and discernment Mary Aikenhead Ministries' colleges cultivate in all members of their community the disposition and ability to contribute to the realisation of God's work in our world.

Catholic Colleges under the stewardship of Mary Aikenhead Ministries will be known through:

- A culture that actively promotes the relationship between the individual, God, and the world.
- Ignatian spirituality that seeks to initiate right action in the world drawn from considered understanding of context and experience through reflection and evaluation; and,
- a commitment to the creation of knowledge through processes of discernment and exploration leading to the imperative to act in the world in ways consistent with our Catholic faith.

*What does this mean for our MAEA college today? Where are the opportunities to grow and develop?*