



**CONGREGATION OF THE MISSION
THE PREPARATORY COMMISSION FOR THE
GENERAL ASSEMBLY 2022.**

Revitalizing our identity

at the beginning of the 5th century of the Congregation of the Mission

**AN OPTIONAL PRAYER GUIDE
FOR DOMESTIC AND PROVINCIAL ASSEMBLIES**

It is important that these moments of prayer be the expression of deep and experiential spirituality that allow us to recognize that we are on a journey together, to listen to God and to the most impoverished, in order to discern our following of Jesus Christ, keeping us in a state of continual conversion.

For this reason, Luke 24, 13-35 is proposed as an illuminating text to help us prepare for the General Assembly 2022. It will be necessary, then, to allow ourselves to be questioned and enlightened by Jesus Christ, walking in the company of him and the confreres. Only in a meeting that fosters intimacy, around the table, sharing what gives life, will it be possible to assume with love the follow-up and mission typical of the Vincentian charism.

Prayer Guidelines:

- I. Vincentian song: Start by listening to a song that helps you to enter into an atmosphere of prayer.
- II. Reading the text of Luke 24, 13-35: Proclaim the text slowly and clearly (if considered necessary, it can be read more than once).

- III. Spend enough time to reflect and go deeper into what the Lord tells us. Listen on a personal and community level, in the key of Encounter and Conversion, concerning the subject of Vincentian Identity: Spirituality, Lifestyle and Ministries. Whoever directs this moment can prepare some questions that help the group to reflect on the topic from the biblical text. Some questions could be:
 - i. How do I feel today regarding my relationship with Jesus of Nazareth? What things have I wanted to run away from in my Vincentian missionary vocation? Have I broken off my communication with God?
 - ii. In my experience of following Jesus, what fears, pains, disappointments, sadness, or misunderstandings do I carry in my heart? How has this affected my relationship with my confreres in my local community and in my Province?
 - iii. What I have lived through and what I feel today about that, how has that affected my ministries as a missionary?
 - iv. How have I experienced the presence of Jesus on the path of life? Have I been able to recognize him on the road? Have I discovered the evangelizing presence of Jesus in the poor?
 - v. What does Jesus say to me today, in the midst of what I feel and facing the reality of the poorest? What is Jesus inviting me to do?
- IV. Comment on what the proclaimed Word offers to us. Take enough time to listen to each other.
- V. Finally, pray together the Prayer for GA 2022. Pray the Lord's Prayer, the Hail Mary, the Glory Be and the Ejaculation of the Miraculous Medal.

DURING THE PROVINCIAL ASSEMBLIES:

In the time dedicated, during the Provincial Assembly, to discern the commitments that will be assumed in view of conversion in: spirituality, lifestyle and ministries, we propose the following process of community discernment:

- Question to discern: What is the commitment, in view of conversion, to which God invites us in relation to our spirituality, our lifestyle and our ministries?
- Each confrere takes the question to prayer and discernment for an hour, or more, if necessary. During this time, each one will seek to become aware of their deepest desires in accordance with the desires of the Trinity, so that the painful and suffering reality that affects the poor is transformed and fulfilled in humanity, fraternity and solidarity.
- Together, in groups of between 4 and 6 people maximum, we will proceed to an active and respectful listening to each other, without interruptions or discussions, and thus create an open and free space. The concern is to ensure that each confrere speaks intentionally, that is, that he assumes responsibility, not only of the words expressed, but also for what he feels. Each confrere is invited to pay close attention to what is happening in his heart as the others share. We are all invited to be willing to express our thoughts, feelings, and reactions. It is an exercise in contemplation in action. This will take place in three moments (there will be a timekeeper in each group, to ensure that everyone shares and has the same amount of time. The timekeeper must be strict in the time given to each confrere in the group):

1. Moment 1 (30 minutes, distributed according to the number of confreres per group): Share the fruits of prayer. What happened to you during the prayer? At the end of the sharing, there will be a pause. For about 5 minutes in silence, you will do some breathing and body relaxation exercises.

2. Moment 2 (20 minutes, distributed according to the number of confreres per group): This moment is key. The question is asked: What comforted or surprised you when listening to the confreres of your group? At the end, for about 5 minutes in silence, you can do some breathing and body relaxation exercises.

3. Moment 3 (10 minutes, distributed according to the number of confreres per group): Each group will try to summarize the movements raised by the Spirit. The group will use the following questions to guide their response: Where are we united as a group? Are we hearing a call? Have we come to an agreement? To end, each confrere prays aloud how he feels the Lord is moving us.

NOTE: Please remember this proposal is given as an orientation and is subject to those changes that you consider helpful and, in the manner, you think is necessary. The Provinces are free to develop their own style of praying.

