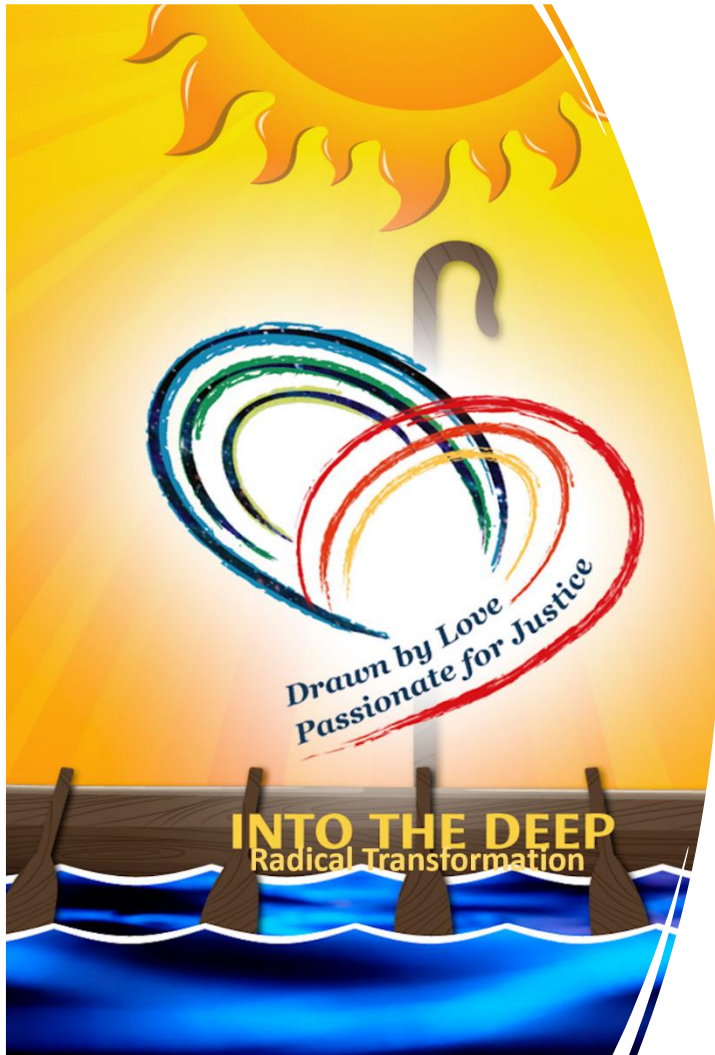


Our Lady of Charity of the Good Shepherd
Phase II—Journey to Chapter 2021



Video Two - Transcript
April 2021



<https://rgs.gssweb.org/chapter2021>



*Drawn by Love... Passionate for Justice
Into the Deep*

OUR LADY OF CHARITY OF THE GOOD SHEPHERD

PHASE II: JOURNEY TO CHAPTER

VIDEO 2: PHASE II:

**DRAWN BY LOVE...PASSIONATE FOR JUSTICE...
INTO THE DEEP**

**PowerPoints in Blue
Reflective Pauses in Green
Song Lyrics in Purple**

**PHASE II: VIDEO 2
RADICAL TRANSFORMATION – THE CALL OF THE HEART**

TITLE SCREEN & INSTRUMENTAL MUSIC - DRAWN BY LOVE

00:07 - SEGMENT 1: IMAGES COMMISSIONING RITUALS - INTO THE DEEP

**Images and Videos of the Commissioning Ritual from across the
Congregation**

INTO THE DEEP

English

Stirring in our hearts, in the depths of our souls,
We now hear a call, to launch into the deep,
To move beyond our fear, beyond all we have known,
To believe with a faith that dares to trust,
Our God will meet us there.

Chorus:

***Into the deep, come launch out with Me,
Into the depths of faith, come see what trust can bring.
Into the deep, come launch out with Me,
Into the depths of love, come fix your gaze on Me, Into the deep.***

French

More than we could know, far more than we could hope,
A promise of great things, in hearts that dare to dream,
Such bright imaginings and possibilities,
That our God will bestow abundantly on all who heed God's call.



Drawn by Love... Passionate for Justice Into the Deep

Chorus:

*Into the deep, come launch out with Me,
Into the depths of faith, come see what trust can bring.
Into the deep, come launch out with Me,
Into the depths of love, come fix your gaze on Me, Into the deep.*

Spanish

We will find in God, the courage that we need,
To embrace the call, to risk familiar ways,
If we but look to God, and let love be our guide,
We will know in our hearts such unity, God's blessing upon us.

Chorus:

*Into the deep, come launch out with Me,
Into the depths of faith, come see what trust can bring.
Into the deep, come launch out with Me,
Into the depths of love, come fix your gaze on Me, Into the deep.*

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04:58 - SEGMENT 2 WELCOME AND INTRODUCTION

DONNA:

Greetings to each of you connecting with us from around the world. Once again, we, Catherine, Monica, Hilary and me, Donna, welcome this connection as we continue with Phase II of your preparation for your General Chapter 2021. Without a doubt, the theme “*Drawn by Love, Passionate for Justice, Into the Deep*” has become a part of our collective sacred journey at this time. So, we are now two months into the launching of Phase II. From various groups and individuals throughout the congregation, we are hearing that you are taking seriously the invitation to launch out into the deep and to open your hearts to the on-going journey of radical transformation. We have heard that many loved the first video released in January which connected Phase II to the energy and connection you experienced in the virtual ICAs. We are noticing energy and excitement about continuing the journey to chapter.

We have also heard of some of the struggles that are making your engagement in Phase II difficult for you. You are continuing to be impacted by the pandemic and the losses and suffering you have experienced. You are engaged in your own provincial chapters which are demanding time and energy. Some have found the materials being offered in support of the journey confusing and overwhelming. Finding time for all that is being asked of you is challenging.



Drawn by Love... Passionate for Justice Into the Deep

As the Core Team and the Chapter Planning Committee continue their work, we want to be sensitive to these realities. Timelines for the activities of Chapter preparation have been revised to allow more time for reflecting on and working with the materials. We are finding ways to create materials that are simpler while also honouring your desire for a contemplative approach to and experience of chapter. It is our hope that these efforts will ease some of the struggles you might be having in moving forward. So, Catherine is there something you would like to share also as we begin this journey of Video 2.

CATHERINE

Yes, thank you Donna.

You know as we move forward, we acknowledge that the Pandemic continues to impact our lives in every corner of the world. We are aware that both sisters and mission partners have experienced the illness and death of loved ones. There is great suffering due to economic and emotional hardships. We acknowledge the grief and stress that you must be carrying and want you to know that our hearts ache with and for you. We want to pause before getting into the content of this video and take time to remember those you have lost.

As we light the red candle from the ICAs, in solidarity with all who are suffering, particularly in your Good Shepherd family, we will mindfully name the Circle Regions in which you live. When we have named your Circle, a bell will toll to invite you to whisper in your heart or speak out in your community, the names of those for whom you grieve, or those you know who are suffering for whatever reason.

10:07 - SEGMENT 3: CENTERING OUR HEARTS

BELL TOLL VOICEOVER:

We light this candle in solidarity with all who are suffering in any way particularly through the impact of Covid-19.

VOICE OVER:

We pray in solidarity with our sisters and brothers who are suffering in the Asia-Pacific Circle.

CANDLE & IMAGE - BELL TOLLS

VOICE OVER:

Shepherd us, O God, shepherd us in all our need.



*Drawn by Love... Passionate for Justice
Into the Deep*

VOICE OVER:

We pray in solidarity with our sisters and brothers who are suffering in the RIMOA Circle

CANDLE & IMAGE - BELL TOLLS

VOICE OVER:

Shepherd us, O God, shepherd us in all our need.

VOICE OVER:

We pray in solidarity with our sisters and brothers who are suffering in the Europe Circle

CANDLE & IMAGE - BELL TOLLS

VOICE OVER:

Shepherd us, O God, shepherd us in all our need.

VOICE OVER:

We pray in solidarity with our sisters and brothers who are suffering in the North America Circle

CANDLE & IMAGE - BELL TOLLS

VOICE OVER:

Shepherd us, O God, shepherd us in all our need.

VOICE OVER:

We pray in solidarity with our sisters and brothers who are suffering in REAL – Circle of Latin America

CANDLE & IMAGE - BELL TOLLS

VOICE OVER:

Shepherd us, O God, shepherd us in all our need.

CANDLE & IMAGE OF OLCGS WORLD MAP

Instrumental music plays as *candle flame slowly moves across the OLCGS world map* and the following voice over is said:



Drawn by Love... Passionate for Justice Into the Deep

VOICE OVER:

Shepherd God, comfort our hearts, wipe our tears, unite us in our faith and love.
Shepherd God, shepherd us in all our needs.

15:02 - SEGMENT 4: REFLECTIONS - RADICAL TRANSFORMATION – THE CALL OF THE HEART

MONICA

Hello to each of you, wherever you may be across the many lands and seas that unite us, as we have just prayed, in a spirit of solidarity. In that spirit we continue our journey into the deep.

In the Phase II launch video, we introduced the *Integrative Process of Transformation*, which is a unique combination of a spirituality of the heart, contemplative dialogue and journaling. An aspect of this Process that we wish to focus on in this video is *the heart's call to radical transformation*.

ANIMATED IMAGE OF THE CALL OF THE HEART LOGO

As Donna and Catherine said in their introduction to this video, in response to your expressed desire for personal and communal radical transformation, and *to engage in your Chapter agenda in a contemplative manner*, we the Core Team have developed several different resources in the form of journals and reflective process for both personal and communal use.

Over the coming months these resources will be introduced and explained to you in stages, with each stage inviting you to go deeper into your journey towards radical transformation, as you address your Chapter agenda.

In the launch we reflected on the centrality of the heart in your Congregational charism. In this video we would like to highlight

PowerPoint: (Voiceover)

The four spiritual capacities of the heart that can empower growth and transformation:

- **Listening with the ear of the heart**
- **Seeing with God's light in our hearts**
- **Thinking with the heart's wisdom**
- **Responding with the heart's passion and daring**

These four capacities of the heart will be explained in detail in the Resource Kit, which accompany this video. Shortly in this presentation we will go through those resources with you. For now, let us be aware that...



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PowerPoint (Voiceover) when we engage with the heart, the heart becomes the *holy ground* of growth and transformation, the *sanctuary* of mystery and longing, the *tabernacle* of Presence and grace.

INSTRUMENTAL MUSIC – INTO THE DEEP

Another aspect of a spirituality of the heart that is crucial to transformation, is the experience of vulnerability. Hilary is going to help us reflect with us now on this very important concern.

HILARY

The word vulnerable is usually associated with weakness of some kind or people at risk. By its association vulnerability has become an experience to be avoided.

Being vulnerable is not an easy place to be in and many of us are uncomfortable in allowing our frailties and flaws to be seen let alone known. We hide and cover our insecurities and so connections and relationships are less than genuine because we cannot move out beyond the façade. When people are real and transparent with one another it frees others to be themselves also.

When we accept the person we are, when we have the courage to be imperfect and be compassionate with ourselves, we come to know the true beauty of ourselves.

Brené Brown, a researcher and storyteller, reported from research she did with people who had embraced vulnerability in their lives, certain characteristics they held in common.

PowerPoint (Voiceover)

- They have let go of who they thought they should be
- They have courage to be imperfect
- They have compassion for themselves and because of this they have this love for others too
- They make strong connections/relationships because they are authentic
- They have a sense of their own beauty and know they are worth loving

PowerPoint (Voiceover)

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.”
(Brené Brown – Daring Greatly)

And what of our vulnerability with God? What does it mean to be vulnerable with God?



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To appreciate this, as Christians, we turn to Jesus who embraced fully the vulnerability of his humanity and opened himself totally to God's spirit.

We know that each morning Jesus got up long before dawn to be with God. What happened in that prayer time? We know he was completely at home with God and shared his experiences with God. What would Jesus have said about his heartache at the suffering and pain he saw around him, or about the insincerity and hypocrisy of the spiritual leaders? (Matthew 23:1 – 12). What would he have shared with God about the affirmation he received from others (Luke 7:1 – 10) or about the criticism and judgements that were thrown at him? (Luke 6:7). What would Jesus have shared with God about refusing to help a Canaanite woman until she challenged him? (Matthew 15:21 – 28) In the garden of Gethsemane Jesus cried out to God to save him from a painful impending death, what other vulnerabilities did he share that enabled him to come to peace? (Luke 22:42) Jesus wept and pained, struggled and waited in expectation, longed for peace and prayed for strength in his vulnerability with God.

We too are invited to be ourselves with God. To be vulnerable, totally exposed as we are and allow ourselves to become anchored in God's grace, wisdom, acceptance and love. From that secure and vulnerable position, we can know God's power at work in us and in freedom be God's grace for others.

The eminent theologian Ron Rolheiser reminds us that,

PowerPoint (Voiceover)

"Vulnerability is that space within which human beings can truly meet each other and speak the same language... Deep down, vulnerability and surrender are what we most deeply want".
(Ron Rolheiser)

The invitation to Radical Transformation is an invitation to embrace vulnerability not as a weakness but as a place of coming to wholeness. It is an invitation to discover that when we recognise our humanness, our struggle, our fragility, our longings, they can bring us into a place of authenticity, a place of susceptibility to the depths of God's dream in us.

As we continue to make this journey to Chapter may we embrace our own vulnerability and be open to receive with reverence the vulnerability of others who make this journey with us, that together we may truly grow in trust and mutual respect.

PowerPoint

"Vulnerability is that space within which human beings can truly meet each other and speak the same language... Deep down, vulnerability and surrender are what we most deeply want".
(Ron Rolheiser)



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INTO THE DEEP INSTRUMENTAL MUSIC

MONICA

Radical Transformation is empowered not only by the heart's vulnerability but also by a powerful gift from God to us, that is at work in the universe. All creation, at every level of life, from the tiniest insect to the millions of galaxies that make up the universe, is made up of Holons, interacting and interdependent parts that form a whole organism. We made reference to Holons in Part 2 of Video 1.

An example of a Holon is a tree. The tree is made up of many whole parts, namely, the leaf, the branch, the trunk and the roots. All these parts work together to create and sustain the tree.

ANIMATION OF TREE

The same mystery of Holons is at work in us. In our bodies, for example, the finger is whole in itself but becomes more developed when connected to the hand and the hand becomes more developed when connected to the arm, and so on throughout our entire body.

We human beings are the most complex of all holons, in our physical, biological, psychological and spiritual make up. This Holon mystery is reflected in the familiar scripture imagery where Paul describes us as being "one body with many parts." (1 Cor 12: 12-30)

PowerPoint (Voiceover)

Holons are about our natural capacity to grow, to change, to evolve into something more, something new. This basic instinctive movement towards transformation is in each of us and is rooted in the way that Holons work.

There are four specific Holon functions at work in us that determine how we relate, interact, participate and respond in situations and relationship, that can empower or hinder our growth and transformation. We manifest the four capacities of the Holon Functions in our daily living. We do this through:

PowerPoint (Voiceover) The Four Holon Functions

1. Preserving, honouring one's unique identity and personal integrity;
2. Adapting, connecting, engaging with others;
3. Seeking, becoming, changing, growing, transcending, and
4. Disempowerment, stagnation, refusal to change or to grow

The interaction and tension between these four capacities will result in harmony and wholeness or chaos and dysfunction.



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PowerPoint (Voiceover)

In our daily activities and interactions, we consciously or unconsciously choose to function, behave and relate out of one or more of these capacities.

PowerPoint The Four Holon Functions

1. Preserving, honouring one's unique identity and personal integrity;
2. Adapting, connecting, engaging with others;
3. Seeking, becoming, changing, growing, transcending, and
4. Disempowerment, stagnation, refusal to change or to grow

A powerful example of our human struggle in this, is seen in Jesus' encounter with the Canaanite Woman (Mt 15: 21-28). The woman, who was a pagan and a foreigner, was begging Jesus to heal her daughter. Totally out of character, Jesus, not only ignores her request but dismisses her with derogative remarks, referring to her as a dog. The disciples are confused and disturbed by this and plead with Jesus to attend to the woman. But Jesus *is holding on to his truth*; his conviction that his mission is only for the Jews. However, the woman herself challenges Jesus with her response: that even the hounded dogs can eat the scraps from the master's table.

PowerPoint (Voiceover)

Jesus is faced with the choice to *broaden and expand* his narrow perspective of his mission to include all God's people. In making that one choice, Jesus' mission transcends the constraints he had placed on it and now becomes totally inclusive.

St John Eudes also had an encounter with a woman that challenged his truth and called him to more. In his parish work, he was disturbed by the sad condition of women in prostitution who sought to escape their miserable life. Temporary shelters were found, but arrangements were not satisfactory. A certain Madeleine Lamy, who had cared for several of the women, one day said to him, "Where are you off to now? To some church, I suppose, where you'll gaze at the images and think yourself pious. And all the time what is really wanted of you is a decent house for these poor creatures." The words, and the laughter of those present, struck deeply within him. The result was another new religious community, called Our Lady of Charity of the Refuge.

Like your own John Eudes and Jesus before him, when we recognise where and how we may be struggling in these capacities, we too can choose to shift or move into new awareness and new directions and ultimately experience genuine growth and transformation.



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33:34 - SEGMENT 5: ROLE PLAY – THE HOLON CAPACITIES AT WORK IN US

DONNA WITH 3 APOSTOLIC SISTERS, 1 CONTEMPLATIVE SISTER AND 1 MISSION PARTNER

Donna: In helping us understand the Holon capacities within us, Monica clearly illustrated that choice determines if we will grow or stagnate. She left us with two powerful stories of transformation and choice.

Jesus and the Canaanite woman, and Saint John Eudes and Madeleine Lamy. In both stories, you can imagine the Holon capacities at work. You can almost sense the tension at play in terms of one's belief and the invitation to respond to another person. Trying to understand a new concept such as Holons and how the capacities within them impact one's daily life is often hard to grasp. And yet these stories that Monica shared with us help us understand what this is all about. So, let's bring this into our daily lives. We are going to share a role play to illustrate how we respond and react in situations and how we can adapt, get stuck, become resistant and also become open to a new way of acting or behaving. Four of your sisters and one of your mission partners graciously agreed to do this role play for us.

Here's the situation.

PowerPoint The Role Play Situation (**Voiceover**) Their local community is celebrating one of the Congregations Feast Days with prayer and dinner.

The community invited the Contemplative Sisters from the area, as well as some key Mission Partners. Dinner is over and a few of them are sitting comfortably in a circle just talking. There is a mixture of apostolic sisters, a contemplative sister, along with a long-time friend and mission partner. One of the sisters starts a conversation about a new initiative by the congregational leadership team.

PowerPoint

The Role Play – CLT New initiative to start up a new program to support refugees and immigrants. The Sisters and Mission Partners *are required to learn a new language to enable the program to be effective.*

One of the sisters starts a conversation about a new initiative by the Congregational Leadership Team. Each person in the Role Play has a specific role.

Image With Text:

Sr Sadhani in this Role Play is an Apostolic Sister.



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Voiceover:

Sister Sadhani in this Role Play is an apostolic sister. A little bit overwhelmed due to Covid-19.

Image with Text: Sr Emilie in this Role Play is a Mission Partner.

Voiceover:

Sister Emilie is a mission partner, alive with the mission and charism of the Good Shepherd sisters.

Image with Text: Sr Pramilla in this Role Play is a Contemplative Sister.

Voiceover: Sister Pramilla is a contemplative sister, a little shy and new to the group.

Image with Text: Sr Johanna in this Role Play is an Apostolic Sister.

Voiceover:

Sister Johanna is an Apostolic Sister and she is just full of love and passion for the ministry.

Image with Text: Melinda in this Role Play is an Apostolic Sister.

Voiceover:

Melinda is an apostolic sister and she is new to the area and yet has spent many years in ministry and service as a sister of the Good Shepherd.

Each one has an opinion and feeling about a new initiative the Congregational Leadership Team just announced. No participant has the whole story or knows what each person is thinking or feeling around the initiative. Just like real life!

I invite you to be an active observer. The focus of the Role Play is to observe the behaviours and interactions. The topic is fictitious and not our major concern. Watch their facial expressions, body movements. Listen to what they say and how they say it. Do you hear resistance, frustration, judgement, compromise?

Do you sense they are going to become more together or are they hanging on to their own opinions? Sense your own reactions and what you might have said if you had been in that circle. Be a keen observer!

PowerPoint Role Play Begins Now

Gong Rings

Melinda: Oh, that was a feast among feasts, don't you think? Oh, my word, I may never eat again. It was just I don't know. Oh, that's wonderful. Yeah, very nice. Very nice. Oh, I thought it was spectacular. One to be remembered. Oh, speaking



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of remembering, did you all get that thing from the CLT about starting that new program for immigrants? Did you get that? What do you think?

Sadhani: Melinda, I don't think that is a good idea. In this present situation how can we go out with this Covid-19? You see I am engaged with the girls. So the staff is not coming into the convent, so we, the sisters, have to work so much. And then learning with new language with the migrants, how can we do that? And then what about our finance? I am really disagreeing with that in this time.

Pramilla: I agree with you, Sadhani.

Melinda: That's what I was thinking, that's exactly what I was thinking, it's like we're doing the best that we can now, you know, we don't like to talk about the aging thing, of course, but this covid and then to learn like new, a new language. We tried that before with varying success.

Johanna: Mmmmm. Melinda, the question is good. Our mission with the migrants is very beautiful.

Emilie: For myself I am really excited with this; you know about what we are going to do with these immigrant people.

Melinda: Yeah, but you know what, we have got a lot of stuff going on right now. They want us to learn a new language I can hardly do, you know, some people think my English is terrible, but, you know, I don't know about that part, learning a new language and to be getting into the legal aspect of it.

Emilie: Is it the language, the problem, or do you have another problem with this, because as I hear you thinking, I think this is not the real issue. So, Melinda, do you have issue with immigrant people? That's what I'm asking right now, because I don't know why question.

Melinda: Excuse me, you think I have issues with immigrant people? I don't think so. I am just mostly concerned because one: we're getting older, two: our finances have taken a shot because of the Covid. And three: this learning these new skills at this point are just a real challenge.

Johanna: Melinda, Melinda, you listen, you, how are you going to talk to them? You speak with the heart not only the language. So you speak with the heart is very important.

Sadhani: But not enough for heart, but this time you have to learn the language to be with the migrant. How can you say with the heart? It is not enough. You know the language.

Johanna: What happens Sister what happens if you say this is not good for you.



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Pramilla: You can well think of the heart, but we have to be practical. You know you have to be practical.

Emilie: I'm sorry to ask you this question, but are you Good Shepherd Sisters? Because hearing you speak like that, I ask myself what Mary Euphrasia and John Eudes are thinking right now! Because at their time it was more difficult. They had more things to do, but they did something for the problem issues at that time. And I think the immigrants situation is a problem for us to resolve at this time.

Pramilla: Emilie, we have to think of the language you know and our age. How can we learn a new language at this stage and change a new ministry? It's very difficult to learn a new culture.

Johanna: But Sister the attitude is not right. So, you know, it's better to pray, it's better to speak with the heart, with love. It is better that we go together, not only one sister not only one language. Do you see?

Melinda: Oh I do see and I think we have to have resources to do these things. I mean, it's just practical. You know, we can't just show up and say: "*Oh, I love you. Can't you feel the love?*" But we have to think, you know, what kind of problem is this going to be?

Sadhani: Melinda, I really agree with you. It is not only finance and not only the sisters who are aging, but we have to think what is the situation in the community. Emilie says about so much. But Emilie you have to think about the sister's situation in the community.

Emilie: Don't just think about you as the Sisters alone. You are with Mission Partners with whom you can walk together and do something great. That's what I really wanted to say.

Melinda: Thanks for coming back to that, because it was really, you know, that was kind of hurtful to hear you question whether or not we were sisters or not. And so, I appreciate that.

Pramilla: Sometimes it's this fear that keeps us back from venturing into something new. Maybe I need to think about it.

Melinda: You know, as I hear you all talking about it, it's like, you know, maybe it is that I'm just afraid of change at this point or doing something different at this point. And I am a Good Shepherd Sister Emilie, I just... you know, sometimes I feel stuck and then sometimes it's like, well, now we're going this way and now we're going this way. But again, it's... it's that that change stuff that yeah, and maybe, maybe, that's a that's a piece of it for me.

**PowerPoint
Role Play Ends Here**



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Gong Rings

Donna: So what was that like being in conversation around this initiative?

Melinda: I found it to be just really stimulating off and on, it was like when Emilie would call us out and question whether or not we were sisters. It's like, really? But again, you know, who doesn't have that thought sometimes, like, you know, what you signed up for there. And I like that. I thought it was real.

Donna: Did you get offended when she said that to you?

Melinda: Yes. I did get offended and I jumped back more quickly. I watched myself react versus respond.

Donna: Well, how about the rest of you, how did you feel about your interaction?

Pramilla: For me when we were interacting, there were times when there was a resistance within me and there was a time I resonated with what the other was saying.

Donna: Pramilla, what enabled you to resonate? What were your feelings inside?

Pramilla: I mean, you have a sister sharing that what we do is from the heart and the love with love, all things are possible. So that really touched me.

Donna: That is so wise Pramilla. Thank you.

Emilie: So for myself, I have too big emotion. First I was really disappointed, mad, when I heard Melinda and suddenly talk about, you know, I feel the resistance and that's just made me so mad because I say, yes, what they are thinking right now, this is the problem. And the second thing is:- I just thought they are just thinking about the Sisters. All the thing is just sisters, sisters, sisters. So where is our place as Partners? They are worried because they are getting old. But they make it seem like they forget they have other people with them in this journey.

Donna: Emilie, did you find yourself softening from that anger or that sadness? And if yes, what helped you to do that?

Emilie: Yes, when Melinda just acknowledged that maybe this is she as she is. So I just calmed down. because I just realized myself because I said something which is really maybe a judgment, when I asked them if they were Sisters, so I calmed down and I said, I needed to apologize.

Donna: Good insight Emilie.

Johanna: For me, I feel good because they are things that happen really and it is necessary to listen and to speak. Now for this mission, migrants, or another



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mission but it is necessary to listen, listen. Also, it is in speak too, speak in feelings and go also.

Donna: Johanna, did you have any sense that the group would go forward, change their attitude, possibly work on this endeavour? Do you think there's any hope that you could work together as a group? What are your thoughts?

Johanna: No, I said this. I want a life for are the mission that is necessary. But you go there, you can see the suffering and see... and another, there is the emotion. But it is necessary in society that we need to prepare our heart.

Donna: That's really a good thought. Johanna, do you have a sense that the group really is moving from their heart, that there could actually be a change? Do you feel it could go forward, this initiative?

Johanna: Yes, I, I feel good. Yes, I listen another Sister.

Donna: That's great, that's great, Johanna. What about you, Sadhani? What are your thoughts?

Sadhani: For me, the conversation is very, a little bit frightening and then very strong, and then after that it calmed down. For me when Melinda said about the new initiative my concern is the community and the staff, the lack of members who I'm working with. So I was very comfortable with her thinking that she understood me, that I felt. But when it comes to Emilie, she was very strong. The words, *Are you a Good Shepherd Sisters?* It is very, very strong. For me the mission is lay and the sisters, not only the sisters. But at the same time, I was, ~~I was~~ within me, I was thinking, reflecting that what she said is true. I cannot focus on my mission or my situation, but I have to think about what the CLT is asking. It is my Eye-Opener to think about the congregation in the same way. Also, Johanna I mean, she is thinking about the heart. I believe this is not the time for heart. This conversation is very strong. How can I listen to my heart? But it made me realize ~~that~~ what I did at the end and yes, it is not the matter of the staff or the finance, not the language, but we can go. It is not going. But my mind has changed to see beyond my community.

Donna: Wonderful, wonderful. Thank you. You know, I have one last question for you. It's getting late and you need to head home after a wonderful dinner and prayer time. And I was wondering, what are you going to take home from this ~~this~~ conversation? Was it just a good conversation? It feels resolved or is there more work do you want to do around what happened and this interaction? So where are you on this?

Sadhani: It is not only a conversation, it is inspiring to see what that means and that I feel that I have changed, my mindset changed. And then it is not only the conversation that we just passed through, but when I listen to somebody who is a



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little bit arguing, very strong voice, what she is speaking to me.... And then Johanna is very soft, but the soft voice speak into me, it is something to learn.

Donna: So wise. Thank you.

Emilie: I learned something also about myself, because I know even though I'm passionate with this mission, I need also to control my language, how I am speaking to others and how this can affect them. And, you know there were all there who they are. Because when I asked them: "Are you a Good Shepherd Sister?" I think I touched their being, who they really are. And I think I need sometimes to say things in another way, even though I am passionate. You know, I wanted this to happen. I need to think about the other people and their sensibility. Thanks.

Donna: You are so aware Emilie. Thank you.

Johanna: For me, I learned that this important to see really, because if it is our mission and we have to be open to different situations. Sister Emilie said, its going this action but it's necessary this time we think. But our mission is very strong and real and so our mission is very passionate also. And so I changed my mind all the time.

Pramilla: At the start of the gathering I felt some questions within me and also I felt I need to listen to others in this role that people play, not just to say only what I feel and be fixated with my views, but to be open to what the others are saying. So it was a call for me.

Donna: Thank you so much.

Melinda: I was thinking something very similar, well, to what everybody said, what Pramilla just said is worth listening for understanding and not just railroading my or pushing my thoughts through. I think that we partner in prayer and action and we partner as a sister and mission partners but the thing we have in common is the love for the mission and the charism. And, so how we go about doing that and expressing that might be different. But if we don't, if I don't get all riled up or call somebody a word choice or somebody's opinion is different from mine that doesn't mean my opinion is not and my words aren't valuable. I think what Emilie gave us a really good example about how are we used to have this thing, our words are fateful. You know, what we say can be harmful to other people and not on the issue at all. So I really appreciated like everyone else, being a part of this.

Johanna: I feel also is very important the prayer of our Contemplatives Sisters. It's very necessary, very important for our mission. It is also important to work together with our partners. Sisters together, Contemplative Sisters, Apostolic Sister and Partners. So our congregation for me is very important and necessary also.



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Donna: That's beautiful, Johanna. It's like a Trinity, you've got a Trinity there of your contemplatives, your mission partners and your sisters and yes, it's united together and as Melinda was saying, how much she appreciated you! and the conversation. I want to say that we appreciate you saying "yes". And I would love for our viewers of this video 2, to know who the real people are. So would you mind just sharing your name and where you're from and your ministry so they know the real you not to pretend you. So, Sadhani, can we start with you?

Sadhani: I am Sadhani from Sri Lanka, Pakistan province. I'm a Contemplative Sister.

Johanna: My name is Johanna. I am from the Ecuadorian. An Apostolic Sister and my mission is the promotion of vocations in my province.

Melinda: I am Melinda Strickland, I live in Louisville, Kentucky, and I retired from the Office of Mission Effectiveness.

Emilie: Emilie I'm Apostolic Sister and I'm from Senegal. I am working with women who did not go to school and want to have formation so they can work and find something for their life.

Pramilla: I'm Pramilla from Sri Lanka living in the Generalate community.

Donna: Hey, well you five wonderful women, Mission Partner, Contemplative Apostolics, we are so grateful and we will hopefully see you again in the future. So blessings on all that you do.

01:00:32 - SEGMENT 6: ROLE PLAY DEBRIEF, REFLECTION & PROCESS

DONNA

That was a great experience of reality. We want to give you time now to reflect on this experience and how it impacted you. Please remember that our focus is on behaviours and interaction, not the fictitious topic of conversation. Here are some questions for you to consider. Read all the questions and let one or two capture your attention and give time to them. Having done so, share your insights with your learning partners or small group.

PowerPoint: (Voiceover)

What did you notice about the experience?

What particular behaviours caught your attention. Why?

Who did you most relate to in the role playing?

What did you notice about your response to each character?

What insight do you take from this experience?

We invite you to pause the video here and ponder the questions. When you finish your reflection and/or sharing with your learning partners, or small group please press play to continue the video.



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PowerPoint:

What did you notice about the experience?

What particular behaviours caught your attention. Why?

Who did you most relate to in the role playing?

What did you notice about your response to each character?

What insight do you take from this experience?

INSTRUMENTAL MUSIC – INTO THE DEEP

Clearly, from this role play experience, we can appreciate the human dynamics that touch all of our lives. But in these dynamics and interactions, we had the opportunity for growth or stagnation, both personally and communally. To support you in this journey we developed some practical resources that we would like to share with you now. So, Hilary and Monica, will you please explain these new resources?

01:03:19 - SEGMENT 7: RESOURCES – JOURNAL AND REFLECTIVE PROCESS FOR THE JOURNEY TOWARDS RADICAL TRANSFORMATION

HILARY

Thanks Donna. Yes, Monica and I would like to talk with you now about some practical resources.

As Monica mentioned earlier, the resources we are offering you are intended to be a practical support to you on your personal and communal journey towards radical transformation, as you engage at a deeper level in your Chapter agenda.

The intention in offering several different resources is to provide you with options and alternatives.

We have two resources which we would like to explain to you now the;

PowerPoint (Voiceover)

Journey to the Heart – Meditative Journaling resource and the Heart Wisdom - A Reflective Process for Personal Transformation.

Let us look at *The Journey of the Heart – Meditative Journaling*, which is inspired by the Emmaus Story (Lk 24: 13 -35).

PowerPoint (Voiceover)

Journey to the Heart is designed to draw individuals into a reflective and intimate centering experience of the heart through the engagement of the imagination and meditative journaling, which can be done by writing or by drawing,



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...for those who prefer to draw or paint.

For some who may not be familiar or comfortable with journaling, it may be helpful to have a trusted friend or spiritual guide lead you through this journal process. Alternatively, you may prefer to gather with your learning partners or small group, wherein the group is led by someone, giving space for individuals to reflect and write or draw.

PowerPoint - Meditative Steps

The journal process is outlined in detailed steps, which engage the imagination and the four spiritual capacities of the heart, concluding with an invitation to use some form of creative expression or simple ritual to draw the threads of the experience together.

Monica is now going to introduce you to an additional or alternate resource called, the *Heart Wisdom – A Reflective Process for Personal Transformation*.

MONICA: Thanks Hilary.

PowerPoint (Voiceover)

The intention of this *Heart Wisdom process* is to enable an individual to engage with the four spiritual capacities of the heart in discernment, decision making, conflict resolution and interactions.

This process involves *focusing on a specific issue or experience through the lens of the heart's capacity to listen, see, think and respond*. The process identifies how the heart's wisdom

can enlighten and inform the issue or experience. The *Heart Wisdom* consists of two parts:

PowerPoint (Voiceover)

Part 1:

- Spirituality of the Heart
- Awakening the Heart
- Engaging the Heart, and

Part 2: is about

- Going Deeper

Both parts of this process will require time and a reflective prayerful space. You may find it works best for you to do the steps of the process over a period of days rather than in one sitting. This way the process may be similar to a retreat experience for you.



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These resources are designed to invite you into the deep. **They are not the familiar journaling or reflective processes that you would use on a daily basis.**

PowerPoint Awakening the Heart - Process steps

The steps in both these resources are very structured; each with a specific purpose.

Having to stop in the process to read the directions and instructions can be distracting to the actual experience of the process and may feel overwhelming at first. But the more you use the resources the more familiar they will become and the instructions will no longer be a distraction to you.

We asked 3 of your Sisters to use these resources and they are now going to share with Catherine and you their experience of these resources. So thank you, Catherine.

01:09:08 - SEGMENT 8: SHARING THE EXPERIENCE OF THE JOURNAL – CATHERINE AND THREE SISTERS

CATHERINE

Thank you, Monica and Hilary, for your introduction to these resources that will support the Congregation's journey toward radical transformation. As Monica indicated, three of your sisters were asked to use these resources, Journey of the Heart and Heart Wisdom and then to share their experience with you. So, I want to invite our first sister, Regina, to share her experience of using Journey of the Heart and Heart Wisdom. So welcome, Regina.

Regina: Hello, I am Regina Kuizon from the province of Philippines-Japan. I'm currently missioned here in Maryridge, Retreat and Renewal Centre in the Philippines.

Catherine: Ok, so, Regina, what would you like to share with us about

PowerPoint (Voiceover) the blessings and the challenges of the Journey of the Heart - Meditative Journaling?

Regina: There are many blessings, but I consider it a blessing, the preparation for this meditative journaling that it gave focus on scriptures, on the writings of St. John Eudes and St. Mary Euphrasia. It engages the heart. And it's one of the blessings that at this particular time when I am very busy, I really had to find time



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so that I could do the meditative journaling. But the step-by-step process helps a lot. But the meditative music also, or even in the absence of music, the mantra, really the mantra was very helpful for me. I think it's a blessing and I was able to look deeper into my heart during this process.

Catherine: Wow. Thank you, Regina. The second sister that we are going to hear from is Martha. Welcome, Martha,

Martha: I'm Martha, originally from Kenya. Currently working in South Africa in Port Elizabeth.

Catherine: OK. All right. So, Martha, will you tell us about your experience of this reflective process? What were your blessings and your challenges?

Martha: For me, this process of journaling, it brought me home. I felt connected to my roots. I felt reminded of the richness which lies within me. The power of my heart. It made me feel connected to the Source. Reading the materials, I felt that they laid for me an opportunity to go in deeper than I ever thought of. They gave me a platform to set off. They sent me into emotion and awakened my heart. Those are the blessings among the many more that I experienced. The challenge that I experienced during this journaling process was to create time and space getting off out of my busyness and resting awhile.

Catherine: Thank you very much, Martha, for that beautiful sharing. So, I now turn to our third reflector/responder, Sister Edith. Welcome, Sister Edith and what is it that you would like to share with us about the blessings and the challenges you experienced in using this resource?

Edith: Thank you. I am Edith, Edith Olaguer I am a Contemplative Sister from the province of New York-Toronto. Right now I am living in Connecticut, in the community with two sisters. The journey to the Heart was a real gift for me. The readings mirrored for me what the Congregation is about the heart, you know. Mary Euphrasia said: "I only loved". Love is the centre of the Congregation. The process where, through repeatedly, I went through of going within and it often felt like, you know, there's that line from St. Paul, where he says the breadth and the height and the depth of the love of God? It felt like that - going in further down different levels of awareness. Oh, the glory of God is the person fully alive. So that was an experience really, that different processes and the invitation to become part of all that God wants for us.

IMAGE CANDLE AND HEART

Take a moment to be aware of what is stirring in you.



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Mantra -

Be Still my soul

Be still and listen

In the depths of the silence you hear God's voice

In the breadth of the silence you will see God's face

In this most sacred silence you will be in the heart of God.

PowerPoint:

The blessings and challenges of Heart Wisdom – A reflective process for personal transformation.

Catherine: So now let's talk about the second resource "Heart Wisdom", a reflective process for personal transformation. And again, Regina, I'd like to begin with you. What would you like to share with us about the blessings and challenges of this resource?

Regina: In Heart Wisdom one blessing that I received is to get to know about Holons. It is a new thing for me but when I get to the introduction and the process, I have learned something about Holons. I might not have identified it before, but when experiencing reflective process for individual transformation, I have become or I have experienced clearly how my heart can respond to what is happening to me. One blessing also is that when I was doing the Journal I could write, but it also did not prevent me from writing, drawings, doodles, and I think that helped me a lot. One blessing also is that it's all not only its listening, its thinking, oh, it's an integration of how my heart really functions. It's not only my mind at work, but it is the whole of me working and listening to what God speaks to me through my heart.

Catherine: Wow. Thank you, Regina for that honest sharing. Thank you.

Edith: The Chapter 2021 is focusing on radical transformation. So this is a very good tool or instrument or process that can really help us towards becoming who we are. What we want to become is already within. The process really asked us or asked me what my experience was. The questions are such that you keep on going within, but the awareness also frees you, you know, like if you have the freedom to say yes, yes. And new perception open, a new perception opened up for me. So the commitment to wholeness is very important, but also I think the openness to the questions that come up from within. Nobody's asking any question, but I did experience freedom. I did experience attraction towards wholeness, towards the next level of awareness that is being given, so that one can view the world oneself and especially God, in a new way.



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Catherine: All right, Edith, thank you so very much for your sharing from the depths of your heart and for the advice that you give for someone who would use this. Thank you very much.

Martha: Being in this reflection, I really felt connected. And it was a process of going deeper, where I became more in touch with the realities within, deep within me. It allowed me to experience that oneness. I felt we belonged. And at the same time, I felt that it was a moment of inspiration. A moment went by and I was able to discover things which I never was able to see before. A moment of seeing myself in truth. Personally, I was able to come face to face my brokenness. And at the end I was able to experience that wholeness of being in the presence of the Source of the life. The challenge is again want more of enough time to allow myself to sink more deeper. And another challenge was when I was drawn deeper there was that kind of longing of remaining there. And yet I need to move out.

IMAGE CANDLE AND HEART

Take a moment to be aware of what is stirring in you.

MANTRA –

Deep calling to deep,
Silence washing over me
Mystery shrouding deeper mystery
Unveiling what my heart so longs to see
The face of you O Sacred One gazing into the depths
Face to face O Sacred One,
Your longing and gift to me.

Catherine: Thank you, Regina, Martha and Edith, for that honest and deep sharing that came from deep with inside your heart. Truly, what I have heard is that this experience had a deep impact on you and your spiritual journey. So, once again, thank you for your courage and your honesty.

Now, Sisters and Mission Partners, we hope that these Sisters, their sharing will encourage you to open yourselves to the way that these resources, “The Journey to the Heart” and “Heart Wisdom” can assist you in your journey of preparation for chapter. And your journey toward radical transformation in this time moving toward chapter. Blessings on that journey and may you be deeply blessed as you use these tools for your journey of transformation.



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01:27:25 - SEGMENT 9: DRAWING THE THREADS TOGETHER

DONNA

As we end our time with you, we are aware that we are entering into the Easter Season. Imagine for the apostles how these early days were times of confusion, wondering, doubt and finding God anew in the resurrected Christ. In another way, as we have set out for the deep, we, too, know confusion, wondering and asking what is this all about? This pandemic, this Chapter.

As you continue to explore the Chapter agenda of governance and the changes they imply; as you search for justice within community and without; as we look to the Congregation's future; as we uncover a new universal culture and a whole new way of openness with your Mission Partners, we assume many feelings are and will emerge.

Let yourself be at one with this humanness. Take time to explore with the two journals these feelings... walk the Emmaus journey, explore "Heart Wisdom" as you put out into the deep. Share your thoughts with one another and note if 'your hearts are burning.' And so Catherine...

CATHERINE

Yes. We want to again thank our role-players: Sadhani, Emilie, Pramila, Melinda, Johanna. Our journal reflectors Edith, Martha, Regina and all the sister editors, ritual leaders, Yvette Arnold, Monique Tarabeh, the Chapter Planning Committee and the Congregational Leadership Team for all of their assistance with this Video 2.

And we want to thank each of you as you continue to allow yourself to be *drawn by love, passionate for justice* and journey into the deep.

PowerPoint – The Grace of Transformation

VIDEO OF SINGERS - THREE LANGUAGES – THE GRACE OF TRANSFORMATION



*Drawn by Love... Passionate for Justice
Into the Deep*

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Drawn by Love... Passionate for Justice
Into the Deep

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