

JUNE 2020

Community as a School of Humility and Humanity

“Contemplate the meek and humble Jesus, who is present in our community.”
(Capitular Acts 2019 p. 21)

1. As I begin my prayer, I beg for the grace of humility to live in the truth, with myself and with others.
2. I pray over Phil. 2: 5 -7.
 - ⁵ *Let the same mind be in you that was in Christ Jesus,*
 - ⁶ *Who, though He was in the form of God,*
did not regard equality with God something to be grasped.
 - ⁷ *Rather, He emptied himself,*
taking the form of a slave,
coming in human likeness;^[e]
and found human in appearance,

How have I experienced Jesus “emptying Himself” in my prayer? How am I being invited to have the same mind and attitude as Jesus?

3. I read page 21 of our Capitular Acts 2019, and ponder over numbers 3-5, in particular .
 - Walk the way of humility, recognizing that each one is unique and irreplaceable. Our gifts are equally important and valuable for the full functioning of the community.
 - Humbly work together to make our communities life-giving, places where we can speak truthfully, where each Sister is valued and respected with her gifts and her fragilities, places of hope and mutual encouragement, where we strive for self-transcendence.
 - Balance our life in all its dimensions, respecting the requirements of community, life of prayer, apostolic engagements, relaxation and rest.

What points on living the virtue of humility draw my attention?

I share my thoughts and feelings with Lord.

What concrete ways can I contribute to make my community “life-giving, a place where we can speak truthfully, where each Sister is valued and respected with her gifts and her fragilities?”

I consider these questions and talk about them with the Lord.

4. I end with a thanksgiving for the gift of Jesus and my community.
5. **Points for Sharing:** Share the fruit of your prayer on Phil. 2:6-7. What concrete ways can we do together to make our community life-giving, a place where we can speak truthfully, where each Sister is valued and respected with her gifts and her fragilities?