

Notes from Meeting of Spirituality Group. 14 April 2014

Present; Ann, Cathleen, Mary C, Rose, Patrick, Solange, Stevy and Mary R, Fr Doyle.

Apologies, Pauline.

Cathleen opened with prayer.

We met to evaluate the Lenten Morning Sessions, and the Lenten Evening Reflection prepared by Ann, Rose and Mary C..

The Lenten mornings had a good attendance although the school holidays may have affected numbers. The format using PrayGo with an image has proved successful. The experience of allowing 'silence' was quite profound / peaceful.

Using simple 'Ground Rules' (eg, confidentiality) may be useful. Someone said, (it may have been Fr Doyle) "Fr Doyle helps". So thanks to Fr Doyle as well as Ann.

The general concensus was that the evening went well; the Music Group was very cooperative: the speaker Oscar Mendoza contributed a personal interesting talk: we had made good preparation with a rehearsal. The timing and pace was appropriate for the nature of the evening. The reflection was special. The evening overall was reflective, unhurried with good content. Perhaps watch out in future events for events elsewhere.

We used the remaining time to explore possible future developments.

Possibility of introducing Meditation into school / classes. Fr D may explore this with Head Teacher. Perhaps have a pilot in one class introducing centering and meditation.

Brief comment on Fr Willy Slavin; his talk was appreciated.

Perhaps for next year have time to reflect on 'Fruits of the Spirit'

Other ideas flowed which will benefit from a bit more consideration including;

Exploring Vigils / involve the Confirmandi / early June

Retreats: Newmains & Coatbridge for reflection, preparation, nourishment,
making time / taking time

For this group

For retired / different life

For bereaved

For divorced / widowed / single / married

using concept of self development / True Self Esteem

Courses: Bereavement, (perhaps November), experience of Loss or for
people who are 'hurting'

eg on evenings / Saturday afternoons / even overnight.

Catholic House of Prayer, Iona

Parish Retreat in Daily Life resourced by Ignatian Spirituality Group, one
evening per week, perhaps for next year. Mary R to explore.

Talks in the parish / deanery using

Evangelii Gaudium

perhaps in Pentecost

Cathleen closed with prayer