

## **THE SISTER'S GIFT IN PERSONAL GROWTH CONVERSATION**

As our XVII General Chapter puts it: *Life involves process and relationship; no one grows alone or suddenly.*

*That is why it is important to share the search for God's will in fidelity to what each one is called to be, as an expression of mutual care and a way to build relationships between sisters. Cf 18.*

In tune with the spirit of the Chapter and to continue our path of missionary transformation "Into Deep Sea", we want to promote "PERSONAL GROWTH CONVERSATIONS": a space of encounter and dialogue, of attentive listening to the events of life, based on mutual trust and the rectitude of intention of the sisters who participate. In them, the Spirit is manifested and can be recognized by its fruits: peace, joy, hope, gratitude, love... It is an in-depth sharing of experiences and interpellations that from prayer, from the circumstances of life and reflections proposed for the path "into deep sea", generate feelings and motions. To carry out the conversation, we are invited to look for two sisters from your own entity or from another, with whom to systematically share the congregational path.

### **With what attitudes do we prepare to the online or face-to-face growth conversation?**

- Prepare ourselves in advance for this moment; What do I want and can I share? How do I want to listen?
- Create an environment of trust, welcome and active listening
- Be silent while the other speaks
- Welcome each sister's narrative with respect, without interpretation.
- Take care that each one has the same space of time to share
- Take care of moments of silence to listen inside what the narration has awakened.
- Echoes of what sister's sharing awoke can be shared
- Avoid talking about the intentions of others, moralizing and advising.

Encourage yourself, seek, take care of yourself and take care of another sister to achieve dreams and hopes in the Claretian vocational experience.

We firmly believe that when we converse from the heart, seeking God's will, knowing that what is shared will be kept as a "precious pearl", we are making the journey easy in coherence and commitment to our own missionary life and the lives of others.

In the words of M. Antonia Paris, we see the importance of having: *"holy and spiritual conversations to strengthen more and more the bonds of mutual charity so necessary for religious persons, but it is not understood that they are obliged to do so and much less do it in community but that each one can choose her own companion"* (Const. Prim. trat. I cap. 7.2).

**We hope to have the personal growth group (3 sisters in total) already established by October.**

**The Commission is available for any clarification.**