

Rome, April 26, 2022

Dear Sisters,

We wish each one the peace and joy that the Risen Jesus gives us!

We continue to take steps along the path that we have started, and we remember the experience and wisdom we have received from our Founders in the practice of the everyday *examen*.

With the material that we now send you within the framework of our congregational journey "Into Deep Sea" we propose to renew **our good practice of the examen** lived as a prayer encounter.

In our Claretian life we devote some time during the day, when it is best for us, to the Examen. We review our daily lives to seek and recognize God's presence. We pass through the heart our day to give thanks, to recognize the good spirit and the spirit of evil in situations lived before people we encountered and/or given circumstances. We review in our hearts again our feelings, inner movements, and reactions to events.

Without judging ourselves, we put ourselves in the light of God, we recognize, we welcome, we name what we have lived and with confidence we make our offering.

It is a time of grace that allows us to look at ourselves with the same loving gaze of God. It gives us light to find our "springs", our potentialities and the challenges and opportunities that exist in us.

It is an exercise in Discernment, that between moments of consolation and those of desolation, makes it easier to listen to what the Lord wants to tell us.

It seeks to create a space to find light, to distinguish the graces that we may need: patience, wisdom, strength, self-knowledge, peace, positive gaze, and others with the confidence that God walks by our side, sustains and encourages us.

It is an opportunity for a joyful, renewed, and profound reencounter with ourselves, with God, with others, and with the Charismatic GIFT received. We walk together "this same path".

We provide you with orientation materials that you can use according to the need of each one.

"This will has given me Our Lord, who in knowing the will of God, no difficulty is offered to me" (Maria Antonia Paris).

A fraternal embrace,

Commission of the "Congregational Way"