



XVI AMASC WORLD CONGRESS-MÉRIDA 2018
THEME OF STUDY: THE CALLS OF THE 2016 GENERAL CHAPTER
CARD 4. WITH MARY, PRACTICING SILENCE

“But Mary kept all these things, and pondered them in her heart.” (Luke 2:19)



When life goes on fast, events do not leave a deep impression. If we give ourselves the time and space to raise our awareness of them, to discern, assimilate, understand, and listen, we are better able to perceive God’s presence and listen to our own heart. We get to be present.

Practicing silence does not just mean “being quiet”; above all, it means opening our external and interior senses, being aware of “what is happening” and learning to recognize in that space the voice of that Someone who dwells in us and accompanies us on our journey.

Create silence:

To deepen **our interior life**, our capacity for contemplation and for listening to the heartbeat of God in ourselves and in our world; to discern in silence and welcome the action of the Spirit that transforms us, energizes us, and calls us to live our prophetic and educational mission.

- What are you “thinking” now? Listen in silence to the voices, noises, and images that you have experienced during the last few weeks. Be aware of your sensations, feelings, thoughts.
- Do you recognize something that “comes from God” in all of this?
- Do you notice a difference in yourself when the noise drifts away and you are able to hear silence?

In Sacred Heart schools, we have a model of interior life in Mater Admirabilis. Let us conclude this reflection with the Litany of Mater:

Mater Admirabilis, pray for us.
Mater Admirabilis, simple and humble.
Mater Admirabilis, you help us recapture our innocence.
Mater Admirabilis, you make everything easier.
Mater Admirabilis, you make us love Jesus.
Mater Admirabilis, you break the chains of our resistance.
Mater Admirabilis, you remind us of the essential and draw us inward.
Mater Admirabilis, you reveal to friends the secrets of Jesus.
Mater Admirabilis, remedy for all wounds.
Mater Admirabilis, treasure of calm and serenity.
Mater Admirabilis, example of true greatness.
Mater Admirabilis, close to Whom we would like always to be.
Mater Admirabilis, to whom no one ever prays without becoming better.
Mater Admirabilis, consoler par excellence.

Mater Admirabilis, humble flower, solitary and hidden.
Mater Admirabilis, you fill the heart with sweet joy.
Mater Admirabilis, you lift our gaze toward heaven.
Mater Admirabilis, you give us strength to realize the greatest sacrifices.
Mater Admirabilis, whose recollection brings peace to the heart.
Mater Admirabilis, who utters to everyone life-giving words.
Mater Admirabilis, who with your gaze transports us to a better world.
Mater Admirabilis, who opens for your friends the path to interior growth.
Mater Admirabilis, who motivates those who feel dejected.
Mater Admirabilis, who calls us to fulfill our duties. Mater Admirabilis, whom we never invoke in vain
Pray for us....