

IHM CORE VALUE



Rootedness in God

- Embracing a spirituality of discipleship and intimacy with God.

We have explored Gospel references to individual disciples and community of disciples in our IHM Mission Statement and shared insights with one another. Our Charism calls us to be passionate in proclaiming the Gospel about God's unconditional love and embracing Mary as our example of being rooted in God. This Core Value invites us to delve deeper into discipleship in terms of spirituality and intimacy with God, which is nourished by the Eucharist.

To embrace spirituality is to desire to grow in holiness and be the person God wants you to be. To be spiritual is to make God, and the ways of God a priority in your life. Faith is a gift given and received in Baptism, strengthened through the Spirit in Confirmation, seeking forgiveness in Reconciliation and nurtured in the Eucharist. Our spirituality is fostered through prayer, faith-sharing and contemplation.

A spirituality of discipleship impels us to keep seeking and searching for the presence of God in our lives. This means staying on the journey of following Jesus, listening to Him, discerning how we live his message, and encountering him in the people and events of our lives.

Discipleship becomes meaningful when we seek ways to grow in that relationship with Jesus, both as individuals and as community. Prayer and contemplation are necessary as we grow in our personal intimacy with God. Our life of discipleship also calls us to share with and be supported by others in our Christian community. As IHM Sisters and Associates this Core Value invites us to explore ways we can nurture our discipleship spirituality and intimacy with God in our changing lives and world.

Faith Sharing Questions: Spirituality of Discipleship & Intimacy with God

- ***How do you grow in your spirituality?***
- ***When are you most aware of your intimacy with God?***
- ***In what ways have you grown spiritually over the years?***
- ***What does "spirituality of discipleship" mean to you?***
- ***How have you experienced this concept?***
- ***In what ways does discipleship enhance your spirituality?***

Nourished and sustained by Eucharist.



The Gospels of Matthew (26), Mark (14) and Luke (22), as well as 1 Corinthians (11) recall the Institution of the Eucharist. For our reflection and sharing on the Eucharist, we will refer to Luke.

The Last Supper - Luke 22: 14-20

When the hour came, he took his place at table with the apostles. He said to them, “I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it [again] until there is fulfillment in the kingdom of God. Then he took a cup, gave thanks, and said, “Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.” Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” And likewise the cup after they had eaten, saying, “This cup is the new covenant in my blood, which will be shed for you.”

- *What word, phrase, or insight struck you in this passage?*
- *The words: took - blessed - broke - gave - are in all references to the Eucharist. What do they mean to you?*
- *The Eucharist is “the source and summit” of our Catholic faith. How do you see that belief being lived and practiced today?*
- *The pandemic caused a decline in Mass attendance and reception of the Eucharist. What have you learned from this experience?*
- *Surveys indicate that many Catholics no longer believe in the Real Presence in the Eucharist. What do you think will be necessary to restore that belief?*
- *The challenging phrase of our spiritual life being “nourished and sustained by the Eucharist” can be difficult for many to embrace. How does the Eucharist nourish and sustain you?*
- *What can we, IHM disciples do to make this Core Value come alive for us and those in our world “hungering for meaning”?*

This gospel passage offers us much to ponder as disciples in today’s world. These two disciples could possibly provide a message for IHM Sisters and Associates on our discipleship journey.



Appearance on the Road to Emmaus - Luke 24: 13-35

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred.

And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?”

And he replied to them, “What sort of things?” They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him.

But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see.”

And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?”

So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

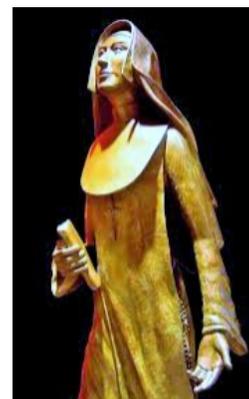
- *What word, phrase, or insight struck you in this passage?*
- *As you journey to your Circle gatherings, in what ways do you encounter Jesus’ presence in your midst?*
- *How do your discussions and faith-sharing provide clarity and a burning desire to keep delving into spiritual dimensions of your life?*

- *The words “stay with us” indicated the disciples desire to remain connected with the stranger (Jesus). How do your Circles of Grace gatherings or connections with IHM deepen the Associate relationship?*
- *They recognized Him in the “breaking of bread”. What helps you recognize Jesus in the Eucharistic celebration of the Mass?*
- *The two recounted what had taken place on the way. With whom or in what ways do you “embrace a spirituality of discipleship” and intimacy with God, nourished and sustained by Eucharist?*

Theresa Maxis

This IHM bronze sculpture titled “Theresa at Home” at the entrance of our IHM Center chapel may offer us something to ponder about Spirituality of Discipleship and intimacy with God. Ponder and share!

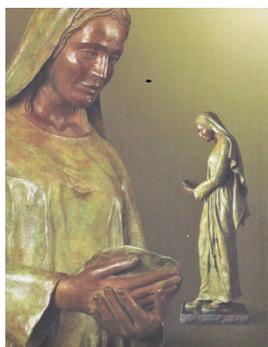
- *What message could Theresa be giving you / us?*
- *Where is she inviting you / us to go and do today?*
- *What would she want us to hold on to as we move forward?*



Woman of the Eucharist

This IHM bronze sculpture of “Woman of the Eucharist” at the entrance of Our Lady of Peace residence provides an image for us about Mary and how she treasured being nourished and sustained by the Eucharist.

- *What message may Mary be offering us as IHM’s about the importance of the Eucharist in our lives today?*



Summary & Challenge

As disciples, we seek ways to continue searching and taking advantage of opportunities to develop a spirituality of discipleship in our lives. Attending Liturgy and listening to God's Word and receiving the Eucharist is truly an experience of the "source and summit" of our spiritual life. Spending quiet time with Jesus in Adoration is also a holy experience of encountering Jesus in our midst.

A Disciple's Prayer

JESUS.....

I ADORE You

I BELIEVE in You

I CALL on You

I am your DISCIPLE

I ENCOUNTER You

I FOLLOW You

I GLORIFY You

I desire HOLINESS

I pray for INSPIRATION

I long for JUSTICE

I promote your KINGDOM

I LOVE You

I treasure your MERCY

I NEED your Eucharist

I OBSERVE your example

I value your PEACE

I appreciate QUIET prayer

I cherish REDEEMING love

I SHARE your message

I THANK You

I seek UNITY

I accept your VISION

I hear your WORD

I eXPLORE your challenge

I proclaim YOUR mission

I strive to imitate your ZEAL.

Help me follow you as a faithful disciple.

Amen.

Sister Ann Parker IHM- July, 2020



EUCCHARIST

Eternal God

United as One

Christ Among Us

Holy Presence

Abiding Peace

Redeeming Love

Incarnate Son

Savior of the World

Trinity Adored



Sister Ann Parker - May, 2020