



WORKSHEET 4: MOMENT OF INITIAL INTERIORITY

“Loosen that which hardens my heart and bring me out of my anguish” Ps 25:17.

“Give me your heart, my son, and let your eyes see my ways” Prov 23, 26.

(The guide leads this first part for 5 to 7 minutes. You have one heart per person ready so that at the end you can write a word or phrase).

Let us make the sign of the cross: **In the name of the Father** (conscious of the understanding), **in the name of the Son** (the emotionality) and **of the Holy Spirit** (our whole being), let us dispose ourselves to this moment of interiority.

I invite you to begin with three slow, deep breaths, inhaling through your nose and exhaling through your mouth. As a gesture of self-care, bring your hands to your heart. Continue to pay attention to yourself. Observe your posture and feel the full extent of your body. Observe your habitual breathing, if it is slow or fast, that's good. If it is shallow or deep, that is fine. Accept this moment of pause, without having to do or think anything. Just observe your breathing and gradually direct your attention to perceive the warmth of your body; locate the force of gravity somewhere in your body in particular. Locate the tension or distension.... Observe and walk through the body with curiosity, without making judgments, just take the time to perceive, and even your internal organs. And be grateful for each part of your body that you pay special attention to.

Now, gently extend your arms in front of you: palms up - little by little your arms descend until your hands rest on your legs; palms up, as a sign of surrender, donation, receptivity. With this posture, place yourself in the Presence of God, with all that you are, with all that your mind and heart brings.

(The guide has the song ready to occupy 3 minutes, using two stanzas and the chorus).

And with this corporal gesture of giving and receiving, allow the song, with some phrase, to call you to open your heart, to an attitude of looking, to be light, to feel the call and how it is to be sent.

SONG: ENVÍAME (SEND ME), Ixcís https://www.youtube.com/watch?v=x0JNjgQ6Eqw&t=3s&ab_channel=Grupolxc%C3%ADs

With Lyrics: https://www.youtube.com/watch?v=IbL7glwXoaA&ab_channel=LeninVladimirC%C3%A1rdenasTorres

CANTO (SONG): ENVÍAME (SEND ME) IXCÍS

Luz para mis sombras, luz te pido yo.
Enciende mi mirada con la luz de Tu amor.
Gentes que iluminen, eso pides Tú.
Que alumbren esta tierra, que prendan con Tu luz.
(Light for my shadows, light I ask of you.
Enlighten my gaze with the light of Your love.

People who illuminate, that is what You ask.
Let them light up this earth, let them shine with Your light.)

Aquí estoy Señor, envíame.

Aquí estoy Señor, aquí estoy. (bis)

(Here I am Lord, send me.

Here I am Lord, here I am (repeat)

Sal para mi vida, eso pido yo.
La monotonía no da ningún sabor.
Gente como sal, eso pides Tú.
Sal en esta tierra, que sean sal y luz
(Salt for my life, that's what I ask.
Monotony gives no taste.
People like salt, that is what You ask for.
Salt on this earth, may they be salt and light)

Aquí estoy Señor, envíame

Paz para mis guerras, eso pido yo.
Que el odio no me venza, ni me siegue el rencor.
Paz para la tierra, eso pides Tú.
Que se abran las fronteras que separan norte y sur.
(Here I am Lord, send me
Peace for my wars, that is what I ask.
May hatred not overcome me, nor rancor be my downfall.
Peace for the earth, that is what You ask.
May the frontiers that separate north and south be opened).

Elaborate a word or phrase that expresses petition, praise, gratitude... according to the inspiration of each one. Write it on the paper heart that is given to you.

Give thanks for this disposition to the work of reflection that continues. Keep the heart for the closing prayer.

We continue our work in the presence of the Father, the Son and the Holy Spirit...



INFORMATION SHEET NO. 4: SUPPORT TOOL FOR THE REGISTRATION OF CONTRIBUTIONS

1. TEAMWORK SYNTHESIS

Province:				
Provenance works:				
Options and stakes as a global Marist family that we can be grateful for today	Challenges and needs of children and youth today	Prioritized emerging realities	Our dreams for the Marist Mission	Strategies of action for the years to come
1.				
2.				
3.				

2. SYNTHESIS OF WORK IN PLENARY

Province:				
Options and stakes as a global Marist family that we can be grateful for today	Challenges and needs of children and youth today	Prioritized emerging realities	Our dreams for the Marist Mission	Strategies of action for the years to come
1.				
2.				
3.				

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TEAMWORK SYNTHESIS				
Members:				
Options and stakes as a global Marist family that we can be grateful for today	Challenges and needs of children and youth today	Prioritized emerging realities	Our dreams for the Marist Mission	Strategies of action for the years to come
1.				
2.				
3.				

SYNTHESIS OF WORK IN PLENARY				
Province:				
Options and stakes as a global Marist family that we can be grateful for today	Challenges and needs of children and youth today	Prioritized emerging realities	Our dreams for the Marist Mission	Strategies of action for the years to come
1.				
2.				
3.				