

A Guide to this week's Daily Practice

The Practice of Contemplating the Saints

St Ignatius of Loyola¹ woke up to the possibility of more in his life when, as a soldier convalescing after a serious injury in battle, he read about the lives of the saints. (It *happened to be* the only reading available to him!) It caused him to wonder about the good he was doing with his own life. He began to notice that as he imagined himself doing something great for God, he was filled with happiness; and when he imagined doing something great for himself, not so much.

In each of us is a divine spark, this indwelling divinity ...the fire of God's love burning within, given to us as creatures created in the image of God.

What are you doing with your divinity?
Who are the saints in your life (sung or unsung) who, shining with some great goodness, remind you of the goodness possible through your own being?

Each day this week, take some time to contemplate one of those saints. Resist the temptation to simply admire them. Drink deeply of their inspiration and ask yourself
“what am I doing with my divinity?”



¹ Founder of the Society of Jesus, also known as the Jesuit Order.

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Season of Creation: a stretch of weeks in Autumn in which we turn our attention to the gift and wonder of creation in light of our growing awareness that we with the creation are in crisis; a season that invites us to mine the resources of our faith to respond to the call to care for creation.



As a people made in God's image, one of the things we can affirm is that we ourselves are creative beings.

So what if we appreciated that creativity is not the purview of experts? What if we really got it that to create means to relate?

“The root meaning of the word art is to fit together and we all do this every day. Not all of us are painters but we are all artists.

Each time we fit things together we are creating—whether it is to make a loaf of bread, a child, a day. ...

And as artists, we accept responsibility to create—to realize our immense powers to change things, to fit things together in a new way.”²

**Hearing the call
to live creatively
inspired by and in response to
the splendour and the cry of creation**

This is what we'll be about this season.

Along with our experience together on Sunday mornings, the Worship Team is offering a guide to a weekly spiritual practice.

May the abundant blessings of the Spirit be ours this season.

² Sister Corita Kent, "Learning by Heart: Teachings to Free the Creative Spirit"

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