

# A JOURNEY OF THE HEART

## Speak Lord, your servant is listening"

We began our two months of intensive preparation with an opening prayer service centred on the theme: "Speak Lord, your servant is listening." It helped us open our hearts to the Lord and encounter Him in silence and prayer.

Throughout these days, we have reflected on various topics such as keeping God in conversation, creating sacred spaces, religious life and vows, Inter-personal relationships, examination of conscience, vocation, Good Shepherd Spirituality, Dilexit Nos and discipleship. These reflective sessions have renewed, inspired, and challenged us to live our lives with meaning, joy, and purpose.

They have also deepened our relationship with the Lord, ourselves, and one another through daily inspirations, reflections, and meaningful sharing. This journey has been one of profound discovery of God, self, and others and it has helped us release negativity and embrace the gift of new life each day.

## Experiential learning-Shed to Shine

On the 27th and 28th of June 2025, we participated in a workshop facilitated by the Jesus Team from Chennai. This two-day experiential learning helped us discover our hidden selves. The workshop was shaped with action songs, input sessions, adventurous games, team building sessions and personal reflection.

We learned the importance of taking the first step and remaining focused on our goals, regardless of the obstacles. The activities strengthened our self-confidence and our ability to support one another.

These sessions inspired and challenged us to shed our old selves and shine more brightly in our mission.



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## Solitude and Silence

"Only in solitude and silence can God's voice be heard in our hearts."

– St. Mary Euphrasia

During these two months of intensive preparation, we experienced a peaceful atmosphere that allowed us to feel God's presence in silence. Through our daily prayers and meditations, we encountered the depth of God's love for us. By meditating on and contemplating the Word of God, we grew in our knowledge of Jesus and in our love for Him.



These spiritual exercises enabled us to experience God in one another and through our daily prayers and activities. Silence has helped us integrate our learnings and become more aware of the deeper meaning behind all that we do.

## Breaking of the Bread

The Breaking of the Bread is a sacred moment that reminds us of the institution of the Holy Eucharist on Maundy Thursday, when Jesus broke the bread, gave it to His disciples, and told them, "Do this in remembrance of me."

During our preparation, we had weekly moments of Breaking of the Bread a sacred time when we encountered the presence of Jesus through our shared reflections and experiences. Each week, we gathered in this sacred ritual, not just to remember, but to encounter the living presence of Jesus. These holy moments became spaces of healing and transformation. In our shared reflections and tender listening, we brought our fragmented selves before God and were gently made whole again.

These moments helped us shed our old selves and shine through our brokenness. They also deepened our relationships and trust in one another. We learned to express ourselves more openly and embraced the value of letting go of certain internal blockages, allowing God to transform us from within.



This sacred time has truly been a journey of the heart—a time of listening deeply, encountering God intimately, and being transformed quietly. As we continue to walk forward, we carry within us the fruits of these moments: hearts more attuned to God's whisper, spirits renewed for the mission, and lives more open to the love we are called to share.



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