



WHOLLY GOD'S

IN THE FOOTSTEPS OF MARY WARD AND HER FIRST COMPANIONS

*I HAD A SHORT IMPERFECT SIGHT OF THE
EXCELLENT ESTATE OF A SOUL WHOLLY GOD'S*

Mary Ward 1585-1645, 1619 retreat notes.



R to L: Mary Ward, Winefrid Wigmore,
Susanna Rookwood, Catherine Smith, Jane
Browne and Mary Poynyz.

**A SERIES OF SPIRITUAL EXERCISES
TO PRAY REFLECT & SHARE**

**SUNDAYS IN LENT
2024**

Spiritual Conversation Circles

5 suggested steps after personal prayer and journalling

Silence: together in the Loving Trinity (2min)

Sacred listening: sharing my experience of the spiritual exercise. (12)

Conversation: what I heard in sacred listening with others & further dialogue on graces experienced (10)

Discernment: listening for movements of the Good Spirit. Is there a grace I desire?
What is emerging as we share together? (5)

Silence: together in the Loving Trinity who is working with us as we become *wholly God's*. (2)

Mary Ward Pray for us.

Glory to God, Source of all being, Eternal Word and Holy Spirit.

As it was in the beginning, is now and shall be for ever.

Amen