



*Mary Ward Women Sailing to New Horizons*

*Spiritual Journey  
towards  
Becoming One*

# Introduction



*‘He left them, got into the boat with his disciples and crossed to the other side.’*

Following on from the Mary Ward booklet, entitled **Mary Ward - a Pilgrim of Hope**, we now take this hope forward into our six-month **Spiritual Journey towards Becoming One**, which through the extraordinary movement of the Spirit coincides with the Church’s year of Jubilee ‘Pilgrims of Hope’.

**To begin this Spiritual Journey**, for a moment, let go of your daily preoccupations and concerns and engage in the act of stepping into the boat! The ‘boat’ is a symbolic representation of your personal place of prayer, and of your prayerful journeying with others.

**We are inviting you, as we enter the journey, to focus your attention on the painting of the boat at sea.** This was painted by Annie Bromham IBVM, an artist who gave much of her time to portraying something of her understanding of the Mary Ward charism.

She explained: *The Boat was the vessel that carried Mary Ward from the troubled land she knew so well. It provided her with the means to follow her heart, which was to become a new kind of religious in the world of her time.*

Annie was keen for anyone who viewed this painting to **imagine themselves in this little, but robust, boat.**

It is not by chance that she has depicted three people on board, each one looking forward. **They symbolise companions working together in the challenging seas of life, striving to arrive safely at the place of landing.**

You’ll see the three oars - these further support the necessity of working together against all the odds - for once in the sea, **we don’t know the effects of the wind!**

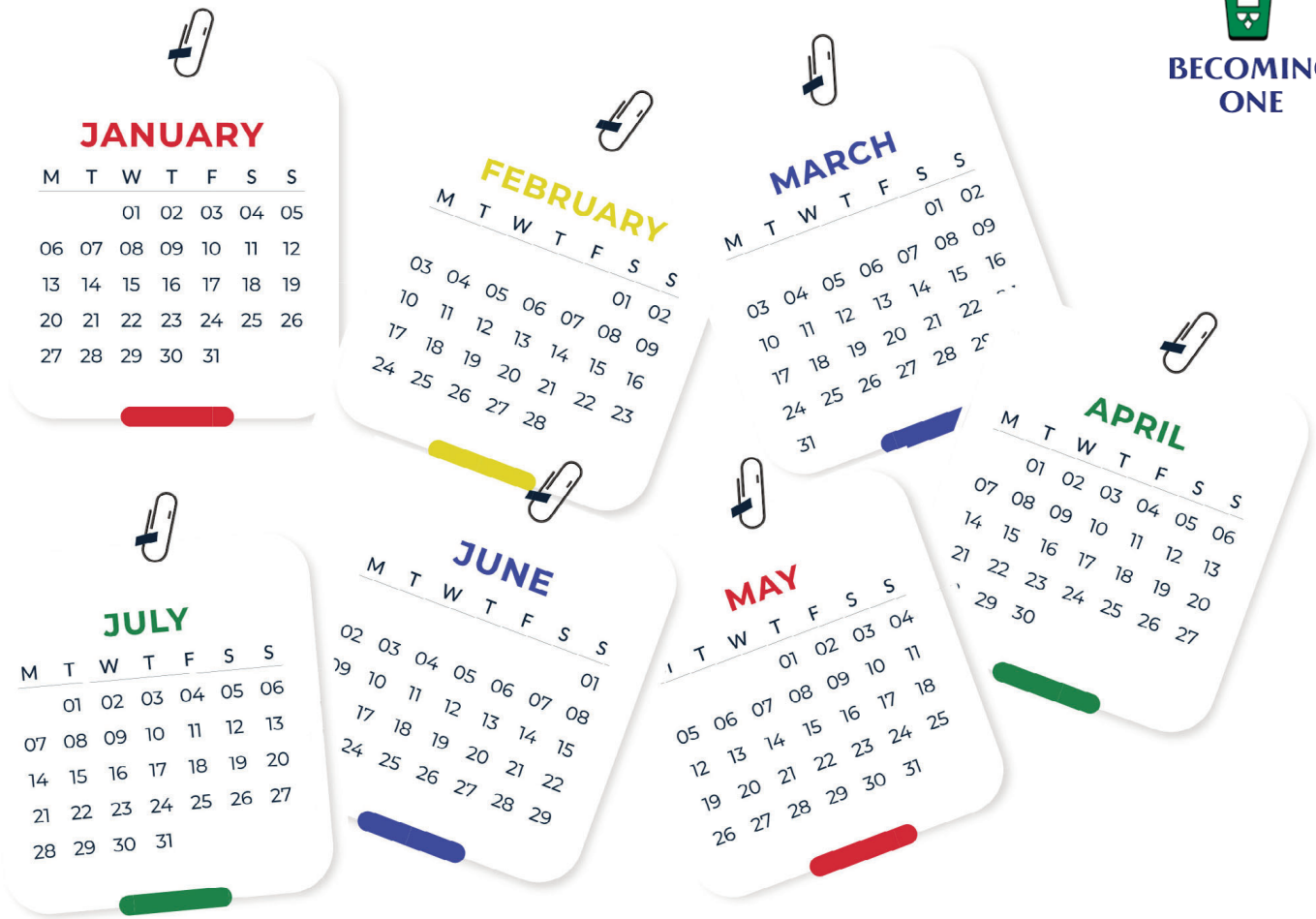
You will also see the mast, without a sail! - symbolising both the cross and the resurrection. This is the means by which the companions will reach their destination. **Being inside the boat is an invitation to be on Mission.**

You may be curious to know what the diagonal line and yellowing paint is, to the bottom right of the painting - **now it is your turn to interpret the image!**

We suggest it may be helpful for you to sit with this painting from time to time as you engage with this **Spiritual Journey.**



# The Journey onwards



## The Journey has at its heart:

- a monthly Core Activity
- a Grace to pray for
- some focus for prayer

All sisters and participating companions are asked to engage fully with this each month, adjusting it freely to suit their circumstances.

**There will also be optional themed materials available every month for those wanting to engage more deeply**, including body prayer, music, art, and even recipes to help us taste and share our diversity.

**Click image for Padlet materials:**



**On the first of each month from February to July**, the material for that month will be shared with you by the nominated person in your region.

All materials will also be available on both websites for you to access anytime, and also for you to respond and share your own journey if you wish to.

We hope that by making this Spiritual Journey together, all will feel an enlivened experience of Mission.

## Design Team

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