# Meditation topics for cv-s (women) – 2024

1. **General plan:** for all days **except the day of recollection**, choose topics from the list in section 4 for the daily meditations. You may choose any order of topics that works best.

2. **Feast days**: on a major feast (A or B), you may want to preach on a different topic than the ones listed below, tailoring it instead to the occasion of the feast day celebration. Alternatively, one may combine one of the topics in no. 4 below with the feast day, if suitable.

3. **Day of Recollection**: each recollection entails preaching three meditations. **If the cv-s takes place during a month in which there are quarterlies** (Feb, May, Aug and Nov), then the first two meditations are taken from the relevant quarterly, and the third one is taken from the list in no. 4 below. The quarterly meditation topics are listed below and do not change from year to year:

February 1. The identity of the supernumerary vocation

 2. Vocation for mission

May: 1. Filiation to the Father

 2. Fraternity, friendship and affection

August: 1. Our formation is personal and flexible

 2. Loving the world passionately

November: 1. Marriage and Family: a divine adventure.

 2. Make Christ known through our friendship

**If the cv s does not take place in February, May, August or November**, then the first two meditations are taken from the usual rt sg recollection topics for that month, and the third one is taken from the list below in no.4.

4. **List of meditation topics**: in the list below, we have borrowed topics and ideas from resources on *collationes.org* specifically aimed at married people, so as to reinforce the objectives of the formation that the s will receive in their talks, doctrinal course and other presentations. As they will be covering the Theology of the Body in the theology classes, we have added some themes (cf no. 5) related to marriage and the family that could be woven into the meditations when appropriate. Please use the Gospels and quotes of our Father extensively in your preaching. It also helps to include references to the recently published letters of our Father.

## 1) Jesus has friends

JC’s personal relationship with the apostles; his friendship with Martha, Mary and Lazarus; his dealings with the holy women and other disciples; how he wins the hearts of Zacchaeus, the Samaritan woman, Nicodemus... Divine and human love. Disinterested and selfless love. The pursuit of the happiness and well-being of a friend. Loyal friendship. Friendship in what is ordinary: meals, conversations, walking together... Empathy, understanding. Patience, gentleness, hope. Kindness, joy and good humour. Listening and waiting. Friendship is confidence. Giving friends the best treasure we have: Jesus himself.

## 2) The Holy Family: Mary and Joseph in the heart of Jesus

Divine love and human affection. Surrender to others and a spirit of service: in Bethlehem and in Nazareth “no one holds anything back.” The value of small details in the home. Marital love (Joseph and Mary), paternal and maternal love (Joseph and Mary with Jesus). Listening, understanding, apologising, forgiving. Sowing peace and joy: bright and happy homes. Prayer in the family and in marriage. Integrating family and work. I can lose my job, but not my family. They are not on the same level. Presence in the home: the quality of time is not enough, quantity is also necessary (the covering of a floor in half is insufficient, even if the tiles are of high quality).

## 3) The Mercy of our Lord

A limpid and loving gaze towards all people. “With publicans and sinners”; Jesus with the sick; Jesus’ attitude towards death; Jesus takes into account the needs of the body (“they have nothing to eat”) and of the soul (“like sheep without a shepherd”); Jesus and the forgiveness of sins. As saints, we should become experts in the art of consoling and accompanying. Concern for those most in need. Having a heart hat an become moved. The psychological bias of always thinking of others first. Our understanding and unconditional love will lead them to discover God's mercy and to understand the joy of sacramental confession.

## 4) Living the ways of Divine Providence

## Trust and abandonment in God. God's mysterious action in our lives. Learning to live with human uncertainty, placing our security in God and in his plans. If God is with us, who is against us? Do not be afraid. Trust in the power of grace, sacraments, prayer and sacrifice. Sometimes the Lord writes straight with crooked lines: not everything looks good to us, but everything is for the best: God makes it for the best... even sin, the only true evil: "O felix culpa". To live by faith and hope... To live by love.

## 5) Love for the Father / unity with the directors

5. Themes that might be helpful to weave into meditations:

1. **The care and growth of spirituality within marriage and the transmission of faith to children:** creating together, from the beginning of marriage, a spiritual environment in the home – although there may be different specific paths – that leads to unity, empathy, acceptance and overcoming difficult moments, living the experience of faith, both kids and parents, through a life of prayer, sacraments and love of neighbour.
2. **Knowledge of both spouses of the processes involved in the couple's sexual life:** the importance of responsible parenthood, complementarity, and seeking guidance in cases of need.
3. **Consolidation of marital and family life:** the organization of family life, special attention one’s husband, the importance of listening to each other and making an effort to understand the other person’s point of view in times of difficulties (e.g., economic, choice of schools, etc.).
4. **Extension of family vitality:** increase family ties with relatives (grandparents, brothers-in-law, etc.), while respecting the autonomy of one’s own family life; increasing ties with other families, generating new friendships, and growing together.
5. **Mutual commitment in the education of children:** parents as the first and true educators: training in issues of affectivity and sexuality in children, an environment of trust that fosters genuine dialogue with children (fathers and sons, fathers and daughters); parents as witnesses to their children of a coherence of life, an environment of freedom that fosters a healthy critical spirit in children.
6. **Complementarity in the professional field:** common project (seeing the future, projection), knowing each other's interests, support in moments of job unemployment, encouragement to move forward. The role of grandparents in helping with grandchildren.
7. **Common care of the home:** real involvement of each family member, harmonious distribution of tasks (parents and children).
8. **Care of elderly/sick or dependent people:** realism in assessing the situation of older people, a balanced care that does not strain family harmony, even if it implies that everyone complicates their lives to reach the required level of assistance. Involvement of each of the members, search for appropriate solutions. Children witnessing the death of loved ones is not harmful for them.

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