

Companions IN PRAYER



Sisters of St. Clare
Saginaw, MI

Examen

When I looked out the window this morning, all I could see were drifting waves of snow. Even the snow plow driver took a measured guess at finding our driveway as he revved up his engine to clear a path. Today, the usual sound of traffic is replaced with the sound of plows clearing the roads. Most activities are “on pause” until it is safe to venture out once more.

This “pause” provides a moment for me to reflect upon my daily activities. This kind of reflection is especially valuable as we enter the season of Lent on February 17. Where do we find God in our daily lives?



In the 19th century, St. Ignatius of Loyola developed a prayer exercise to help us become more aware of God’s presence in our lives. This prayer reflection is called the “Examen.” I find that it helps me to be more aware of God’s presence. It helps me to “pause” and listen for God’s guidance, and to know how I can respond to God’s presence in my life. Below is a brief guide if you would like to “pause” and pray the “Examen.”

Take time near the end of your day and ask God to show you what you need to see.

- Do not specifically choose what you think you should see, but see what emerges in

your thoughts. See what you notice even slightly

- How do you feel about what God has shown you?
- Do you see the goodness of your life?
- Do you see your own shortcomings?
- Be open to the thoughts that come to you and look for God’s hand in those thoughts and feelings.

What is God asking of you?

- Re-examine your day and pray for insight as to where God has been present in your life, either directly to you or through others.
- Observe your feelings, urges, and desires. What seems to stand out?
- Look for the joy, pain, turmoil, love, anger, harmony, anxiety, freedom, enchantment, or isolation that has been present in your life today.

What has been your response to what God asks of you in these experiences or situations?

- Is there a place in your heart or attitude where God is asking you to change?
- Is there an area where God is asking you to focus your attention, to pray more seriously, or to take action?
- Seek forgiveness for the moments you did not respond to God’s love.

continued on reverse

- Thank God for those moments where you have followed the guidance of the Holy Spirit.

Finish your prayer by asking for God's help.

I see as I look out the window once more that the plows have cleared the roads, traffic is

Several years ago, we decided to freshen up our house by giving some rooms a new coat of paint and new rugs. After 15 years of living and working in the same place, we welcomed the change. We also knew that we were looking forward to important personal celebrations:

- Sr. Bernadone's 90th birthday and 70th jubilee
- Sr. Laurene's 80th birthday and 60th jubilee
- Sr. Dianne's 65th birthday
- Sr. Laura's 60th birthday and 25th jubilee
- Our 20th anniversary living here in the diocese of Saginaw

We have welcomed each of these landmarks and enjoyed celebrating them with you, our friends.



In May, Sr. Laura will celebrate her 25th jubilee at a Eucharist for jubilarians in the diocese. Bishop Cistone will officiate at the service to be held at the Cathedral of St. Mary here in Saginaw.

In 1985, Laura professed her vows and for the next six years lived in our monastery

picking up, and activities are slowly returning to normal. I'm grateful for this winter "pause" that has given me a chance to share St. Ignatius' prayer exercise with you. I hope that you find the "Examen" a valuable "pause" in your daily life.

in Minneapolis. In 1991, she, along with Srs. Bernadone, Laurene, and Dianne, accepted Bishop Ken Untener's invitation to begin a new Poor Clare community in Saginaw. Her projects, in addition to her prayer ministry, include developing and maintaining our web site, and providing the blessing oil and cards that we sell to help support our mission. She also holds a national office as treasurer for the Poor Clare Federation of Monasteries.

Did you know?

- Our Poor Clare community has visited parishes in 10 of our 11 diocesan counties. We will visit the final county soon.
- We received more than 6,000 prayer requests in 2009.
- More than 13,600 visitors have sought out our new web site this past six months. Our new site is www.srsclare.com

Remember

When you have a need for prayer, please contact us. We want to be your Companions in Prayer. Send your prayer requests to: prayer@srsclare.com.

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Please remember us in your charitable giving.

You are not alone
 WE ARE PRAYING WITH AND FOR YOU.