

Vinspiration

Reflection Outline - St Louise de Marillac

1. Welcome...

Welcome to Vinspiration!

Thank you for choosing to take time to share in Vinspiration - our Vincentian story. Here you will have the opportunity to explore and share our Vincentian heritage as well as add to our Vincentian story.

This reflection may take the form of a small group or you may like to reflect at your own pace.

2. Preparation

To prepare for this Vinspiration on Louise de Marillac you will need:

- Vinspiration handout - St Louise de Marillac
- *Praying with Louise de Marillac* Audio via podcast at <http://mission.depaul.edu/podcast/podcastarchive.asp>
- Print the questions at the end of 'part 3 - Our Inspiration' and 'part 4 - In Our World Today' of this reflection outline. You can make one copy for all participants or have them as large questions in the middle of the room.
- You may choose to enlarge the quotes that appear on the Vinspiration handout or any extra quotes from St Louise de Marillac that you would like to share with the group.
- Blank pieces of paper and pencils.
- If you are using podcasts or visual media, ensure you have an ipod with speakers and/or computer and/or television and appropriate media player.
- Candle and material to prepare a sacred centerpiece.
- Appropriate quiet music and music player.

Whether you are in a small group or as an individual, enjoy this time in a relaxed atmosphere of prayer and sharing with others and especially with God.

When you are ready to begin, welcome everyone to this Vinspiration gathering where the Vincentian story will continue to be told.

Light a candle in the middle of your space to remember that Christ our Light is in everything we do. *"Where two or three gather in my name, there I am in the midst of them"* (Matt 18:20).

And as we gather in Christ's name, we also remember that each of us have been called by name for God. Take this

time to share our name with each other.

3. Our Inspiration...

Our inspiration today is St Louise de Marillac. Let us take the time to reflect on the life of St Louise de Marillac and listen to what she has to share with us for our lives today.

You can begin the session by asking the group about what they know of St Louise de Marillac and her relationship with St Vincent de Paul.

Take some time to read "About Louise" in the Vinspiration handout.

You can also listen to excerpts of the podcast *Praying with Louise de Marillac*. You can break the podcast into Introduction, Louise's early life and Vincent and Louise.

While listening to the podcast, ask participants to note down words and phrases that stand out and have an effect on them.

After the podcast, spend some time reflecting and discussing lines or quotes that stood out for you and what they might mean. This can be done individually or in pairs before sharing with a larger group.

For small groups, enlarge these quotes or additional words from St Louise and place them in the middle of the group. Ask members to choose one that means something to them and share why this is so.

Questions for Reflection on St Louise de Marillac:

- What qualities of St Louise de Marillac have made an impact on you?
- What stands out for you about the world in which Louise lived?

*If in a small group,
you might like to have a break at this point.*



St Louise de Marillac

4. In Our World Today...

This next part of our reflection will focus on St Louise de Marillac and her message for us in our world today - the 21st Century.

On your own, in pairs or in your group, take time to go through some or all of the questions in *"Something to think about"* in the Vinspiration handout.

Ask members to respond to a question that stands out for them.

Further discussion can surround the following questions. Print these questions and have them available for members.

- How is St Louise's world different to our world today ... or is it different at all? How does it 'fit' into our world today?
- With relation to the World Youth Day 2008 theme, *"You will receive power when the Holy Spirit has come upon you; and you will be my witnesses."* (Acts 1:8) - how does St Louise's example reflect this passage?
- What is the message that St Louise has for you?
- What challenges has this reflection on the life of St Louise de Marillac presented for me?
- What does it mean to be Vincentian?

Remember that this is a relaxed and prayerful atmosphere. Ensure members feel comfortable in their sharing.

All questions don't have to be asked or answered.

Let the Holy Spirit guide the conversation.

As the conversation draws to a natural close or as time comes to a conclusion let us end with prayer.

5. Let us Pray...

As we bring our time together to a close, let us take the time to offer all that we have reflected on and discussed to God.

You may choose to dim the lights at this time and have quiet music playing in the background.

Focus on the candle that continues to burn, remembering that Christ is our Light. As we explore and grow in our Vincentian story we our growing in our own story of faith - our story with God.

As we focus on the candle, invite members to offer a prayer of thanks, of intercession, of whatever is in their hearts.

Once members have shared, we offer all our prayers spoken and unspoken to God.

Let us conclude with prayer. These words are available on the Vinspiration handout - Let us Pray ...

God, source of all love, through your Son, Jesus, you gave a new commandment of love to us. May we follow the example of Louise, to practise your love on earth so that we may obtain your kingdom promised to your faithful servants. We ask this in Jesus' name.

Amen.

*Thank you for being a part of
Vinspiration.*

