



Welcome to the first of our monthly Kitchen Table Conversations. The following information is a guide, and you are invited to adapt the conversation to suit your group and circumstances.

How to get started: As a first step you might like to think about how many others you would like to join your conversation. Ideally, four might be a good number. The conversation will work just as well if you are doing it with a few others or even just one other. You might like to meet in person, on Zoom, or on the telephone. You are also able to do the reflections on your own. If you are a Sister of Mercy or an Institute staff member, there may already be a community conversation organised at an upcoming gathering or staff meeting. Please contact your Community Leadership or Manager for more information.

What you need: For this month, it is recommended you have a:
Candle (battery-operated preferable)
Smartphone, ipad or TV to play the song
Comfortable cup of tea!

Acknowledgement: We acknowledge the Traditional Custodians of the lands on which we have gathered. We recognise their stewardship and care of Country; and deep spiritual connection to land, waters and creation.

Light a Candle : If you are able (and fire regulations allow in your building), you are invited to light a candle.

Reading: You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others so that they may see your good works and give glory to God. Matt 5:14-16

Opening Prayer: God of love,
May our light shine today and in the days that follow.
Help us today to be good listeners.
May we be present to one another during this conversation.
Help us to listen with our hearts as well as our ears.
God of Mercy, give us strength to be a light for each other and the world.

This month's theme is *Our Daily Mercy Examen*: A Daily Examen is an ancient practice in the Church that was described by Ignatius of Loyola in his Spiritual Exercises. Saint Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible (ignatianspirituality.com).



(Adapted from Sandra Flaherty, A Reflection of Mercy, 2001. Fraynetwork Multimedia. 63. Quoted in 'Be as Shining Lamps' by Caroline Thompson)

If members of the group haven't already viewed the **introductory video** that was sent out on Pentecost Sunday, you may like to view the video now ([click here](#)). Alternatively the script for the video is on the front page of the **reflection sheet**, which you may like to spend a few minutes reading ([click here](#)).



You are then invited to reflect on *Our Daily Mercy Examen* and consider the following two questions:

Do you think *Our Daily Mercy Examen* could assist with *Living Mercy Purposefully*? Why or why not?

What does a practice such as *Our Daily Mercy Examen* mean for you, our Institute and world?

You may like to do this in a Contemplative Dialogue style (incorporated in the suggested directions below) :

- *Pause*: Before considering the questions you are asked to have a time of silence (1 minute).
- *Share*: Each person is invited to share their responses to these two questions for a suggested 3-5 minutes. Both questions could be considered together or separately.
- *Pause*: Once all have shared you are invited to have a further minute of silence.

You are then asked to consider:

**From what you have heard from the group has anything shifted your own thinking?
What is emerging that might be new?**

Closing Prayer: May the courage of our Mercy tradition embolden us to seek ways to strengthen our faith and love. May the dedication and humble service of Catherine McAuley inspire us in all that we do. May we depart from this place with open hearts and gratitude for the gifts and strengths we have been given. Amen.

(Sandra Flaherty, A Reflection of Mercy, 2001. Fraynetwork Multimedia. 63. Quoted in 'Be as Shining Lamps' by Caroline Thompson).

Carry Forward the Light: As we conclude our time together today, we extinguish the candle and carry forward the light and fire within all of us.

Closing Song: A Fire on the Earth

I am sending you out in my name to all the world.
Travel lightly, taking only sandals and staff.
I am sending you out in my name to all the world.
Be filled with Gospel fire, the light of the world.

**Light a fire on the earth, a fire on the earth.
Be seized by the love of God, a fire on the earth.
Light a fire on the earth, a fire on the earth.
Be the hands and feet of Christ to all the world.**

[Click here to play](#)

By the pow'r of the Holy Spirit set your sails.
Cast out deeply, fearing not the wind and waves.
Live your lives in witness to me before the world.
Take heart, for I am with you all your days.

Refrain

Be my light to all the world for all to see;
Shine out brightly doing all for love of me.
And rejoice when the road is rough and days are long.
Take heart, for I'll be with you in your song.

Michael Henry fms