

# Our Gift, Our Time, Our Call

Kitchen Table Conversation  
Number Two - July 2026



Welcome to the second 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.

**What you need:** For this month, it is recommended you have a: Candle (battery-operated preferable); Smartphone, ipad or TV to play the song; and, a 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.

**Opening Prayer:** Loving God, we gather in your presence. Open our hearts and minds to each other as we engage in this conversation. May we listen with care, in a spirit of Mercy and compassion. **Amen**

## Readings:

*Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies;  
and walk in it, and find rest for your souls.  
Jeremiah 6:16*

*The prophetic dimension of religious life and charism is not only found in grand gestures. It is found in the quiet, ordinary, daily fidelities of our relationships, wherever we are. Living mercy purposefully across a lifespan is new and renewed almost every day - it will never look the same. While early life transitions are driven by action and intentional purpose, the changes of later life often reduce our external capacities, calling us to find a deeper, more internal expression of our lifelong calling.  
Mary Pellegrino CSJ*

*We don't change as we get older - we just get to be more of what we have always been.  
Joan Chittister OSB*

This month's theme is *Our Gift, Our Time, Our Call*. Members of the kitchen table group are now invited to view the video ([click here](#)) or read the reflection sheet.

In the recent Zoom, Mary Pellegrino csj spoke about the different seasons of life - how young adulthood is often a time of exploration and discovery, midlife can be a time of responsibility and reorientation, and later life invites its own wisdom, reflection, and purpose. To help us explore these different seasons, we invited women who represent three different stages or transitions of life to feature in the video and reflection sheet. They shared something of their own experience, offering us a chance to listen, reflect and perhaps recognise something of our own story in theirs.

As a group, you are invited to reflect on your own journey and ask:

***What resonates with me from the video? What challenges me?***

***Where might God be calling me in this season of my life?***

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 questions for a suggested 3-5 minutes.
- *Pause*: Once all have shared you are invited to have a further minute of silence.

You are then invited 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:** Loving God, as this conversation draws to a close, we pray that our hearts and minds remain open to the moments in which we give and receive Mercy in the days ahead. May we recognise the gift and grace that these moments of Mercy offer to us, our Institute and our world. **Amen**

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

**Closing Song: Turn, Turn, Turn** ([Click here to play](#))

Sung by Janet Mead RSM RIP

To everything - turn, turn, turn  
There is a season - turn, turn, turn  
And a time for every purpose under heaven

To everything - turn, turn, turn  
There is a season - turn, turn, turn  
And a time for every purpose under heaven

A time to be born, a time to die  
A time to plant, a time to reap  
A time to kill, a time to heal  
A time to laugh, a time to weep

A time of love, a time of hate  
A time of war, a time of peace  
A time you may embrace  
A time to refrain from embracing

To everything - turn, turn, turn  
There is a season - turn, turn, turn  
And a time to every purpose under heaven

To everything - turn, turn, turn  
There is a season - turn, turn, turn  
And a time for every purpose under heaven

A time to build up, a time to break down  
A time to dance, a time to mourn  
A time to cast away stones  
A time to gather stones together

A time to gain, a time to lose  
A time to rend, a time to sew  
A time for love, a time for hate.  
A time for peace, I swear it's not too late!