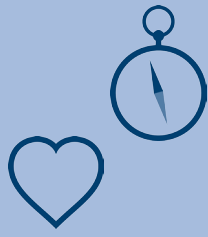




Rivers of Life

The most central strategy in a Vincentian spirituality is to pay attention to the events of one's life – that is, to reflect on the ways in which God is present in them and to what God is communicating to us through them.

- Paraphrased from Vi Thorgren, Center for Spirituality at Work, Denver, CO)



Instructions: Pause to recall and reflect for a moment on the **events** and **relational encounters** that you have had with others over the past few days. Consider the following questions, spending your time wherever your attention and energy is most drawn. Consider those events and relational moments that re-surface for you as you pause to consider the following:

What happened that *inspired* you?

What happened that *surprised* you?

What happened that *challenged* you?

What happened that *touched* you deeply or called you to *care*?

Pause to let these events and relationships sink more deeply into your memory. What might they be communicating to you? What might they be teaching you about . . .

. . . yourself?

. . . what is important in life?

. . . where you need to spend your time and energy?

. . . what you need to do differently?