



### 3. SHARING

- Share something relevant from the contemplation exercise with Mary proposed above.
- Try to identify which are the action verbs with which you have identified the most because you have conjugated them more in your history as a Marist.
- Try to remember how Mary has been present in your personal story. Pick a meaningful experience to share.
- In the midst of the daily events of your life and the process of consolidating the mission and Marist charism, how do you make alive the memory that you are freely chosen to be part of the Family of Mary and to bear her name?
- What is the role that Mary could still play in your own vocation to reach the best Marist version of yourself?
- Meditative reading of the Magnificat with "Marist touch". (Unknown author - based on a Marist source). (You can find it attached).

*Silvia Sanz, s.m.*

# MARIST VOCATION YEAR

# 6

## MARY in Our Own Vocation

### What is the role of Mary in my Marist vocation?

"For the Marist Sisters, Mary is the person who unites them in a family in Christ and she is the one who reveals to them the full meaning of her vocation." (No. 2 Constitutions).

**For us, Marists, MARY is:** The one who unites us... She unites us as members of a Congregation, of a spiritual Family and as members of the universal Church united and in a state of mission. The one who lets herself be watched... The one that inspires our action... **The one that REVEALS us THE COMPLETE MEANING OF OUR VOCATION...**

In order to understand the full meaning that is revealed to us by the person of Mary, we feel invited to the attitude of **SILENCE**:

Silence to meditate, meditate contemplating it, contemplate and ponder it, ponder breathing her spirit, breathe her spirit and let yourself be filled, let yourself be filled with her spirit, to imitate her.

**"Strive constantly to breathe her spirit" (ES)**

### 1. CONTEMPLATING

*"It is said that we become what we contemplate."*

Contemplating Mary, and dedicating moments of our day to day being with her, we will thus grow daily in a more intimate relationship with her and with hers, her son, Jesus.

*"Therefore, we all are looking openly as in a mirror at the glory of the Lord, are transformed from glory to glory in the same image, as by the Spirit of the Lord." (2 Corinthians 3:18)*

**Desire:** (Individual reading)

I want to contemplate you, Mary, let you reveal to me the meaning of my vocation, the deep desire to respond with what I am to the love of God.

**Desire:** (Individual reading)

I want to contemplate you, Mary, to do so brings me closer to your Son Jesus. And it is with your spirit that I want to follow him every day of my life.

### PRACTICAL EXERCISE of CONTEMPLATION

It is a call to a constant practice, which requires dedicating time, intentionality, constant effort, established routine. A practice to be done frequently, not as something that is done once and then forgotten. In order to bear fruit, a certain constancy and consistency is required. Assume this as a habit and practice in our experience of the Marist vocation: Surprise ourselves in recurring moments contemplating Mary.

**SONG:** "Mary, let us contemplate you, and thus, breathe your spirit."  
(You can access the attached video: <https://youtu.be/go6eSm5mgz0>)

Choose an image, photo, painting, of Mary and spend 5 minutes contemplating without paying attention to ideas, concepts or elaborate descriptions. Just try to look at it and identify the experience that evokes you.

### 2. MEDITATING

As Marists we have been called to CONJUGATE MARY's action verbs and make them ours; make her BEING AND MAKING our inspiration.

ANSWERING with your YES  
SINGING the Magnificat with you  
PROLONGING your YES  
SAYING your will Be done  
LISTENING from your heart.  
WAITING with your FAITH  
KEEPING your silence  
DOING your Work  
FOLLOWING your Son  
IMITATING your style  
LIVING your mercy  
Praying with your being  
SERVING with your joy

LOOKING with your goodness  
BELIEVING with your hope  
BREATHING your spirit  
WELCOMING with your mercy  
EDUCATING with your patience and love  
REMEMBERING your wish  
ACTING with your diligence  
THANKING your choice  
Bearing your name  
BUILDING your Family  
THINKING, JUDGING, FEELING  
AND WORKING like you.