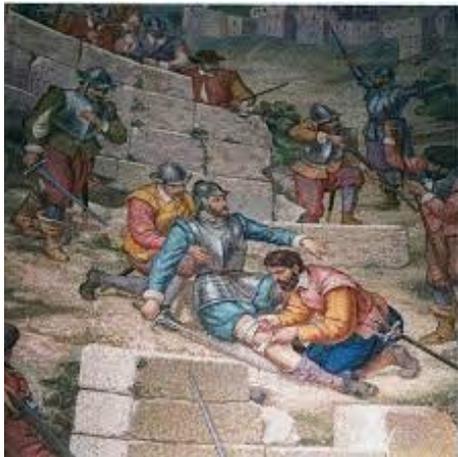


St Mary's, Inverness
The Year of St Ignatius
20 MAY 2021 >31 MAY 2022

Weekly Reflections

FIRST REFLECTION:
Pamplona, The Cannon-Ball Experience



Context : On the 20 May 1521 the young courtier and army officer, Inigo of Loyola, was severely wounded when a cannon-ball shattered one leg and damaged the other. Battle-field surgery saved his life and his leg was set and splinted to enable him to return to Loyola, to the family home. While there he underwent further surgery to re-set his shattered leg, a painful procedure. After this there was a prolonged convalescence. His reading switched from tales of adventure and chivalric daring-do to Lives of the Saints [Dominic and Francis], and a Life of Christ. This reading, and the shock of his experience challenged Inigo and he became determined to follow the example of Jesus, and those heroic saints. He was set to become a 'soldier' for Jesus.

Such a life-changing experience was shaped by the integrity of his honest personal quest and his attentive reading. Slowly changes of direction, different life-choices, and ways of proceeding began to give him a new sense of identity and an imperative to continue on the road of discovery with Jesus.



Prayer - Examen :

Looking at our own difficult times, even 'life-changing events', we can see that when we are selfish and puffed up, it leaves us empty and dissatisfied. Yet, when we ponder the goodness of God, often in the gracious kindness of others, we are aware that this is more encouraging and positive.

How has today been?

How are we looking forward and planning for tomorrow?

POCKET EXAMEN

The Ignatian Examen is a 5-step method for reviewing your day and giving thanks to God.

1. CENTER 
Take a moment to become aware of God,
myself and my surroundings.

2. GRATITUDE 
What am I especially thankful for today?

3. REVIEW 
What brought me joy? What challenged me?

4. TURN TO GOD 
What could I have done or said differently?
How can I improve?

5. LOOK FORWARD 
In what spirit do I want to enter tomorrow?

CAMPUS
MINISTRY

After our reflection we offer ourselves in the Ignatian Prayer as we begin our Pilgrim Way in the Year of Ignatius

An Ignatian Offering of Life :

Suscipe - a prayer of radical, self-less offering of every aspect of ourselves.

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me.

Scripture : Today we accompany Jesus in St Mark's Gospel [Mk1:1-15]



Reflection: The Hebrew Scriptures find expression in the coming of John the Baptizer, whose Baptism of Jesus in the Jordan becomes a turning-point in the life of Jesus. Thereafter there is a period of testing and then a public ministry in which Jesus, empowered by the Spirit, calls for repentance as God's Kingdom is in the here and now.

We take these themes into our personal recollection about our own experience of life.

A Period of Silence: Heart speaks to Heart



Jesu, I trust in You

The Lord's Prayer

***Jesus - Have Mercy on us,
Mary - Pray for us***

Praise God Always !

