

## Contemplative Sisters West Mexico Unit

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### LIVING THE CONTEMPLATIVE LIFE TODAY

With joy and gratitude, we live the call to be contemplative sisters in today's world. Every day we renew the call to live in union with Jesus Good Shepherd, praying for everyone.

After many years of religious life, the deep love of God and of all peoples remains alive in me and fruitful, especially through apostolic prayer. In community, we share the gifts God has given to each of us; we accept our differences through dialogue; we are a welcoming community.

Our prayer is a continuous praise to God and a means that allows us to place the world's needs before God.

Meeting Jesus in the Eucharist and the sacrament of Penance and Reconciliation spiritually strengthens us in our reconciliation mission.

We share our charism with the laity.

### CLOISTER OF THE HEART

Our practice of cloister imitates Mary Most Holy's example, who in silence used to reflect on what God was making known to her, treasuring it in her heart.

At home, and wherever we are, in our hearts we carry the Word of God that animates us and motivates us to keep on reflecting and pondering this Word that becomes Life in us.

Our foundress, St. Mary Euphrasia, told us in her Conferences that we should live united to Jesus Good Shepherd in a constant intercession for the salvation of the people. Her words teach me to be so united to Jesus that God is in me like I am in Him. Our life is a permanent intercession for others.

Situations of all the pain that our current world is going through are in our hearts: violence, insecurity, fear, terrorism, drug trafficking, kidnapping, trafficking in persons, migration, child abuse, sexual harassment, etc. This leads us to more deeply live out the cloister of the heart, putting these and other needs in God's merciful hands.

Prayer, silence and reality help me to live out the cloister of heart, in that space of intimacy with God, where I feel myself loved. I express my gratitude for His infinite mercy, and I intercede for the people's needs.

In my contemplative life, I feel like a fish in water, because through prayer I feel and see the needs in the world; and just as fish cannot live out of water, neither can I live without interceding for the world and its needs. We carry all this within our hearts following Mary Most Holy's example, who saw her Son's sufferings and kept them in her heart.

This is the perfect milieu where I can continue to be immersed in Christ without forgetting my brothers and sisters who are suffering all kind of woes.

It is from the cloister where I can see my humble condition as a God's child, and be continuously grateful to Him for that permanent union with the Most Holy Trinity