

## WEEK 2: LOVE

Here are the materials we will be using for week 2. You are welcome to use them any way you choose and may consider waiting until the gathering to engage with them for the first time. Included each week will be the reading, the visual and musical pieces, as well as some reflection questions. We hope for a rich time of wondering as you deeply explore the story of God in new ways.

Reading: [Luke 1:46-55](#)

Madonna and Child



“During a spiritual renewal in Ireland earlier this year, former Catholic worker and current lay missionary Mark Humphrey visited her friend Kate Hennessy, the youngest grandchild of Dorothy Day... Kate’s work of art invites us to contemplate a beautiful moment of intimacy, the loving gaze between a mother and her newborn. One cannot help but see that Jesus was born out of love and into love. I imagine that made all the difference in his life.” -Ted Miles

[Madonna and Child - Kate Hennessy](#)

## Reflection Questions

These are for your use (or not) during the visio divina, music listening and personal reflection times.

1. What part of the image are you drawn to? Spend some time there and notice what stirs within you. (images, body sensations, emotions, memories, etc.)
2. Allow what has been revealed to unfold in your imagination. How might this be connected to life in the present?
3. Do you have a sense of God's invitation for yourself or the group? What might that be?

## Music for silence

During the gatherings, music will be played as a way to enhance the reflection or offer a different reflection opportunity. You are invited to listen in a comfortable posture, with body relaxed and eyes closed, or however you feel comfortable.

## [Scaramouche, Tranquillo assai - Sibelius](#)

## Closing Song

Each week we will close our time with a song with lyrics. You are invited to join in the singing (on mute) if you would like. The lyrics and the link to a recording (if one exists) will be provided each week for your reference.

## Magnify

- Tom Wuest

He has done mighty things with his arm  
He has scatter the proud  
And brought down the rulers from their thrones  
He has lifted up the lowly

He has filled the hungry with good things  
He has sent the rich away  
Empty  
He will show his people mercy

My soul magnifies  
My soul magnifies  
My soul magnifies  
Magnifies the Lord  
Rejoice!

## [Magnify - Tom Wuest](#)

*May you go with God's love in you and around you this week. Amen.*

## Unconditional Love: An Imaginative Exercise

*As a bonus here is an imaginative activity for you to work through on your own.*

Imagine someone who REALLY exemplifies unconditional love to you. It could be Jesus, or your Spiritual Director, a beloved family member, or a friend, or even a pet.

What does it feel like to be in their presence? Be with that feeling. Take a moment to rest in that feeling.

Previously, we spent time using our imaginations to receive love because we can't give away something that we don't have or aren't connected to.

Now, just as you received love without condition from the person or pet that you just imagined, you are invited to prayerfully receive it and give it away using a breath prayer.

Breathe in love and imagine giving it away to a family member.

Breathe in love and imagine giving it away to a friend.

Breathe in love and imagine giving it away to someone who is difficult or even someone you would consider being an enemy.

Now breathe in love and rest in the feeling and presence of love for a moment before you move on.