

The Reflective Poster

Imagining the Key Elements of the Completed theme on
'Compassionate Heart'

Guiding Group

Note: 'Compassionate Heart' was the second theme in the [Mercy Global Presence](#) process exploration of "Integrated." This reflective poster shows images of the key elements of this theme completed in April 2021. It can help you call to mind in a new way the key elements of the theme. Or you may find it helpful as an introduction if you are just becoming engaged in the process.

Using the thematic Reflective Poster: a Suggested Approach

Engage in reflection

Choose a peaceful environment in which to reflect and set aside specified time for this exercise.

You may find it helpful to have at hand a notebook and pen, iPad or tablet or a recording device. Use this to capture and express in written, pictorial or spoken form, your thoughts, feelings and insights in response to the poster material.

Display the poster on your device or print out a colour copy.

Slow yourself down to clear your mind of other interests. [One method commonly used suggests closing your eyes and focusing on your breathing - in for a count of four, hold for a count of four, out for a count of four. Repeat this breathing exercise until you feel centred in the present.]

Let your eyes now take note of the wealth and richness of the material to be found in the poster. Pay attention not only to the quotes and images, but to colour and shape, layout and overall presentation.

What among the key quotes and images captures you, glimmers for you, stays with you? Sit with that.

When ready, jot down, draw, or record the thoughts, feelings and insights that have surfaced in you.

Is there another quote or image that you are drawn to in the poster? If so, now sit with that. When ready, jot down, draw, or record what seems to touch your spirit.

What fresh understandings, new images, new language, new hopes, have come to you about this theme as a result of this exercise? Record these.

Afterwards: Some Further Possibilities In This Fallow Time

Widen your Reading

Consider revisiting the resource material on this theme to further your reflection. The material is available online at www.mercyglobalpresence.org

You could

- Read the article by the writer of the quote/s that captured your attention during this reflection time.
- Read one of the other articles on this theme again, or for the first time.
- Pray the thematic prayer
- Explore one or more of the resources cited in the 'Good Reading' section.

Start a Conversation

Invite a Sister, colleague or friend to share reflections on this theme with you. The following may be useful conversation starters:

- When you read the poster, which words, quotes or images were significant for you? Was there a particular part that stood out? If so, can you explain why this is especially important to you now?
- As I reflect on the cries of the most vulnerable people as well as the cry of Earth, what fills my heart?

Share a Response

What is something I have read or seen or heard elsewhere that really connects with this process, that's too good to keep to myself?

Please send it on to Anne Walsh at mgpfeedback@mercyinternational.ie

Use Your Voice

- How has this pandemic shifted my understanding and consciousness of my commitment to mercy?