



MERCY
GLOBAL
PRESENCE

The Reflective Poster

Imagining the Key Elements of the Completed Segment on
Cosmos/Cosmology

Guiding Group

Note: Cosmos/Cosmology was the first segment in the [Mercy Global Presence](#) process exploration of “global.” This reflective poster shows images of the key elements of this segment completed in December 2019. It can help you call to mind in a new way the key elements of the segment. 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

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

Consider revisiting the resource material on the theme 'Cosmos/Cosmology' 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.