

## *Objects of the League - a Spiritual Perspective*

### **1. to achieve individual and collective spiritual development**

As Catholic women it is important that we believe we are loved and beloved. We must ensure that our members know they are loved by our most merciful Father. In our knowing that we are the beloved daughters of God, hope rises from our soul.

Our collective spiritual growth needs to be fed first, one on one, one to one. In forgiving our sisters for both the real hurts, and those hurts which are perceived, we begin on the path to peace. As the saying goes, "It begins with me." Am I lovable, do I love in return? How is love defined?

Are we willing to take that huge step forward, to put ourselves second and see what happens? Peace comes from gratitude. As Catholic women are we grateful for all the gifts we have received? Do we care for them in ourselves and in others? Are we willing to want what we have, or are we continually striving to have more, more goods, more power, more prestige?

The League prayer says, "Teach us to share at home and abroad, the good things You have given us..." It is the gift of faith, the grace to love and be loved and the assurance that God will never be outdone in generosity that keeps us focused. Gratitude means acknowledging that all I have and all I am is a gift from God, freely given. It is to be celebrated with joy.

Henry Nouwen writes, "Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint. I can choose to be grateful when I am criticized, even when my heart still responds in bitterness. I can choose to speak about goodness and beauty, even when my inner eye still looks for someone to accuse or something to call ugly."

To let gratitude flourish, we sometimes need the courage to trust.

#### **Discuss:**

- a) Name three ways that gratitude, courage and trust can lead to individual spiritual development.
- b) Name three ways that a lifestyle of thanksgiving can enhance collective spiritual development.