

CONTEMPLATE



# LENT 2022

2ND SUNDAY



**“The Lord God took Abram outside and said, “Look up at the sky and count the stars, if you can. Just so,” he added, “shall your descendants be.”.”** (Gn 15.5)

### **Tracks to Contemplate:**

- \* Go out, out of my home, out of myself, out of what I know.
- \* Take time to look around, for a long time.
- \* “Measure” the immensity. Recognize I can’t count, control, master, own nature, and Creation.
- \* Look at people with the same admirable sight. Contemplate the diversity of faces, of ways of life, of opinions. Let myself be overwhelmed by the immensity of the people of God. Recognize I belong to this humanity.
- \* See the face of Jesus in the immensity of Creation, in each person’s face. Listen to God’s voice: “*This is my beloved Son: Listen to Him.*” (Lk 9.35)



This contemplative attitude permeates our whole being, helping us to live ever more united to Christ in our relationships, our tasks, and our ministry. It becomes a powerful force of conversion and transformation for mission.

In welcoming God’s word Mary gave Christ to the world. In receiving the life of Jesus, we give ourselves with Him so that all may have life...

*Constitutions #22*

### **Echoes from our world: When children learn meditation at school.**

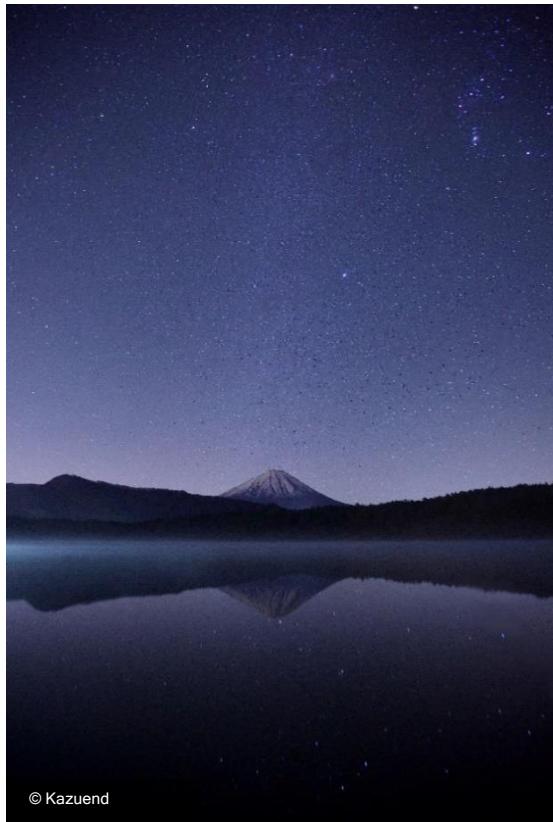


Everyone needs to learn to be silent, first step to contemplation. In many places in the world, meditation is taught to students from kindergarten to high school.

Sometimes meditation is proposed in a Christian context as an entry into prayer. Sometimes, meditation it is used without religious context, but as a tool to make the school more peaceful and improve children’s concentration.

Let’s pray, this week, for all those who works as educators and teachers. May they develop initiatives to teach children to be silent and listen to their heart.

***Video: [Christian Meditation at Incarnation School](#).***



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### **Song: Have you counted the stars?**

*(Traditional Scout song in French, inspired by a traditional German song: Weißt du wie viel Sternlein stehen?)*

Have you counted the stars?  
And the radiant constellations,  
Displaying their retinue in the heavens  
On cloudless nights?

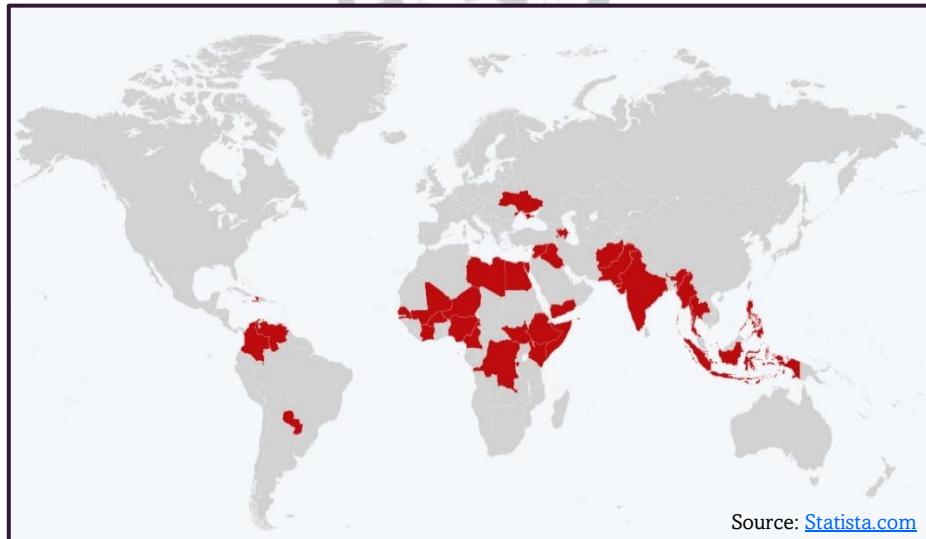
God, who gave them life and splendor,  
God who fixed their path and their course,  
Knows also how many there are  
And does not forget them.

Do you know how many children like you  
Live on Earth,  
In luxury or in misery,  
Children of the poor, children of kings?

God knows them all and loves them all.  
God protects them all and God chooses them all.

You are also among the number  
Of those whom God does not forget.

In communion with all the people suffering war, armed conflicts, and terrorism in the world today, the JPIC Team invites you to contemplate and pray with this map of the world...



**“The pierced Heart of Jesus opens our being to the depths  
of God and to the anguish of humankind.”**

*Constitutions #8*

Anna and Francoise  
(Novices from CEU and BFN)  
*Community of the Novitiate of Chicago*

