

# Embracing our Future –

## Owning the gift of Vulnerability

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What is your message to your sisters around the Congregation at this time?

### *Our messages to members at Assisi Chapter of Mats*

Be contemplative people. Trust in God. Bring love to the world and compassion.

My message to our sisters is to be positive with the outcome of this change. Be united in prayer and open to the Spirit during this time as we continue the journey into the future together with courage and trust.

I know there is mixed feeling with many of us in the Congregation in the present times. It's okay, all is not lost! FMDM life as I see it, definitely will not be the way some of us are used to, but it will be what you and I are prepared to work at and come up with, a new way which can be challenging and exciting. I have to admit I sometimes feel tired even thinking about it!

Accept the reality that we are a small group, letting go, have faith, hope and courage, be united in prayer. Since energy is less we need to internal use that this does not stop us from becoming, growing in genuine interests on what is happening in our bigger world issues.

My message is: Continue to trust and have courage, not to be afraid for we are not alone, God is with us always and to trust the voice in the stillness that is calling us on.

To always remember our last chapter theme. "Courage, it is I. do not be afraid" the Lord is in it all. I love what Brene Brown said that, "Vulnerability is not comfortable but it is the birthplace of Joy and creativity". The congregational reality has made it possible for us to evaluate ourselves as individuals, Community, Region and the Congregation as a whole. Though painful but it's the way to go in shaking us from our comfort zones.

There is time for everything under the sun. Let us trust in the Lord and not fear.