



**DOMINICAN
ASSOCIATE
PROGRAM**
October 13, 2019

**Dominican
Spirituality:
The Four Pillars**

Sr, Marilyn Jean Runkel

Order of Preachers (OP)

- ❖ Dominican Order founded in 1216
- ❖ Itinerant Preachers



Dominican Spirituality



Guiding Principle

VERITAS

Latin word for TRUTH

Preach the Good
News to the World



Dominican Spirituality or Charism Best Understood As The Four Pillars

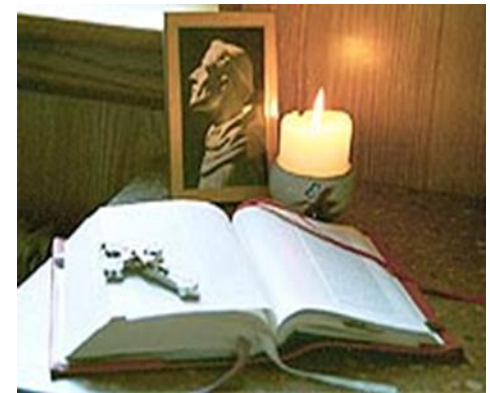
Prayer

Study

Community



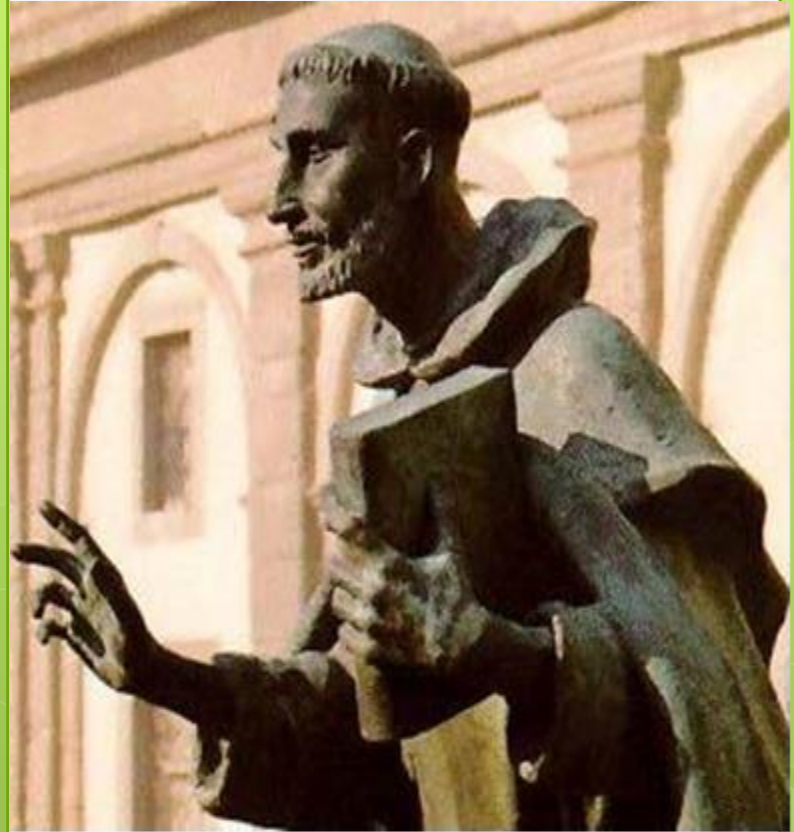
PREACHING



Charism

**A Gift of the
Spirit given to
share with the
world**

**Defines the
groups Mission
and Identity**

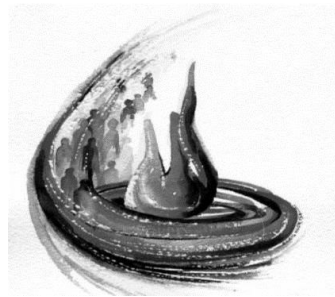


The Charism is related to
the group's founder
St. Dominic Guzman

Scripture Refers to Charism

Writings of St. Paul

“There are a variety of gifts and each person is given a gift, a charism, to help build the kingdom of God on earth”



Corinthians 12: 1-11

- There are different kinds of spiritual gifts but the same Spirit
- to one is given the expression of wisdom;
- to another the expression of knowledge
- to another faith
- to another gifts of healing
- To another mighty deeds
- to another prophecy
- to another discernment of spirits;
- to another varieties of tongues;
- to another interpretation of tongues.
- but one and the same Spirit produces all of these, distributing them individually to each person as he wishes.

Romans 10: 14-17

- How, then, can they call on the one they have not believed in?
- And how can they believe in the one of whom they have not heard?
- And how can they hear without someone preaching to them?
- *And how can anyone preach unless they are sent?*

As it is written: “How beautiful are the feet of those who bring good news!”

Consequently, faith comes from hearing the message, and the message is heard through the Word about Christ.

Vatican Council 1965

PERFECTAE CARITATIS

Charism was defined as part of the philosophy of an Order and the institutions and works founded by the members of that Order.

It was Vatican II that challenged each religious Order to examine the intent of its founder and to renew its mission and direction

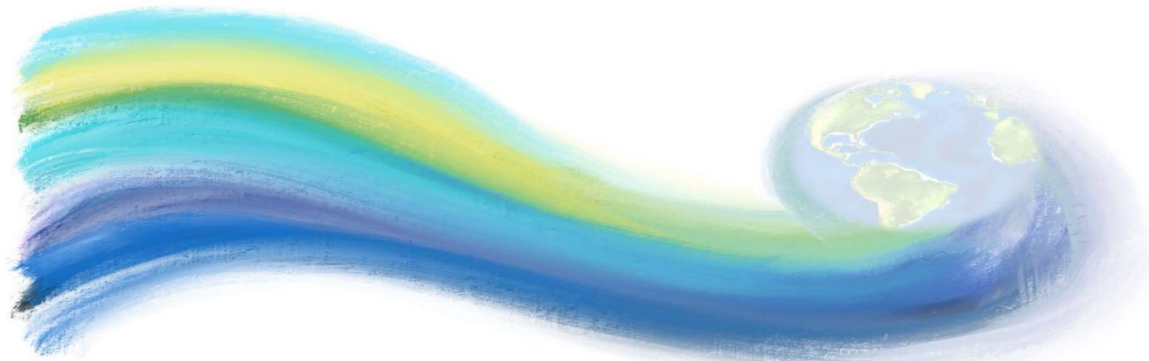


What is a Charism

A three-fold gift, given to the founder of a religious congregation, which evolves over time.



- A unique vision,
- A unique response to needs,
- A unique form of holiness that is both dynamic and attractive.



For the Life of the World • Por la Vida del Mundo • Pro Mundi Vita

In the spirit of renewal after
Vatican II, Dominicans
world-wide arrived at four
core values associated
with their charism of
Preaching.



Today's sharing
and discussion
is around those
four Core Values

Prayer, Study,
Community
Preaching
(Ministry/Service)

The injustices of our day compel us to place the charism of Preaching at the service of the poor and powerless.

The Dominican prophetic message rooted in ministry community study and prayer will move preachers and hearers of the Word to act for the transformation of oppressive structures. (Kaye Ashe, OP)



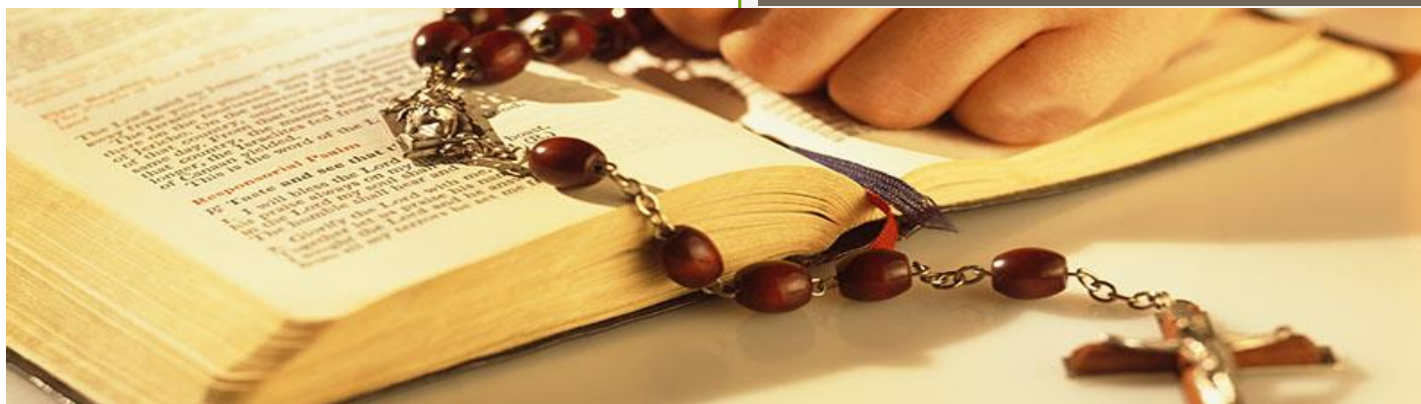


Prayer

**"In order to
preach well in
both word and
deed**

**It is necessary to
practice a
contemplative
life."**

(St. Humbert of the Romans)



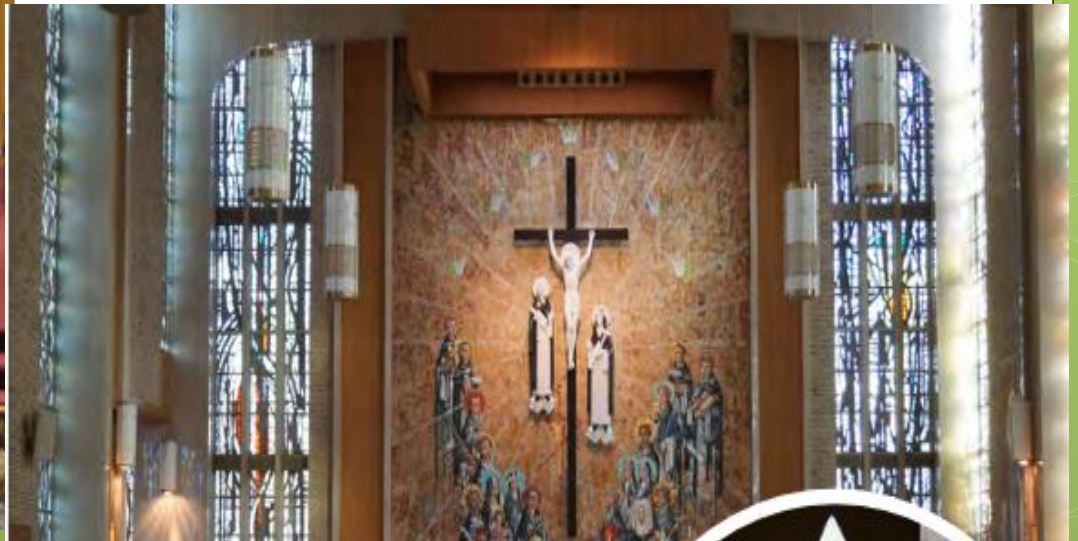
TRADITIONAL PRAYERS

Our Father
Hail Mary
Glory Be to the Father
The Rosary
Novenas
Litanies
Prayers Before Meals
Morning and Night Prayers

Simply Talk to God



We Celebrate the Gift of the Eucharist





Morning and Evening Prayer Official Prayer for the Church and the Whole World





Nine Ways of Praying The actual Practice of St. Dominic

Standing, Bowing, Sitting,
Genuflecting —

St. Dominic knew that the gestures of the body could powerfully dispose the soul to prayer.

The soul is lifted to God in an act of praise, thanksgiving, and supplication.

These ways of prayer are a glimpse into the inner life of St. Dominic and his intense love for God.

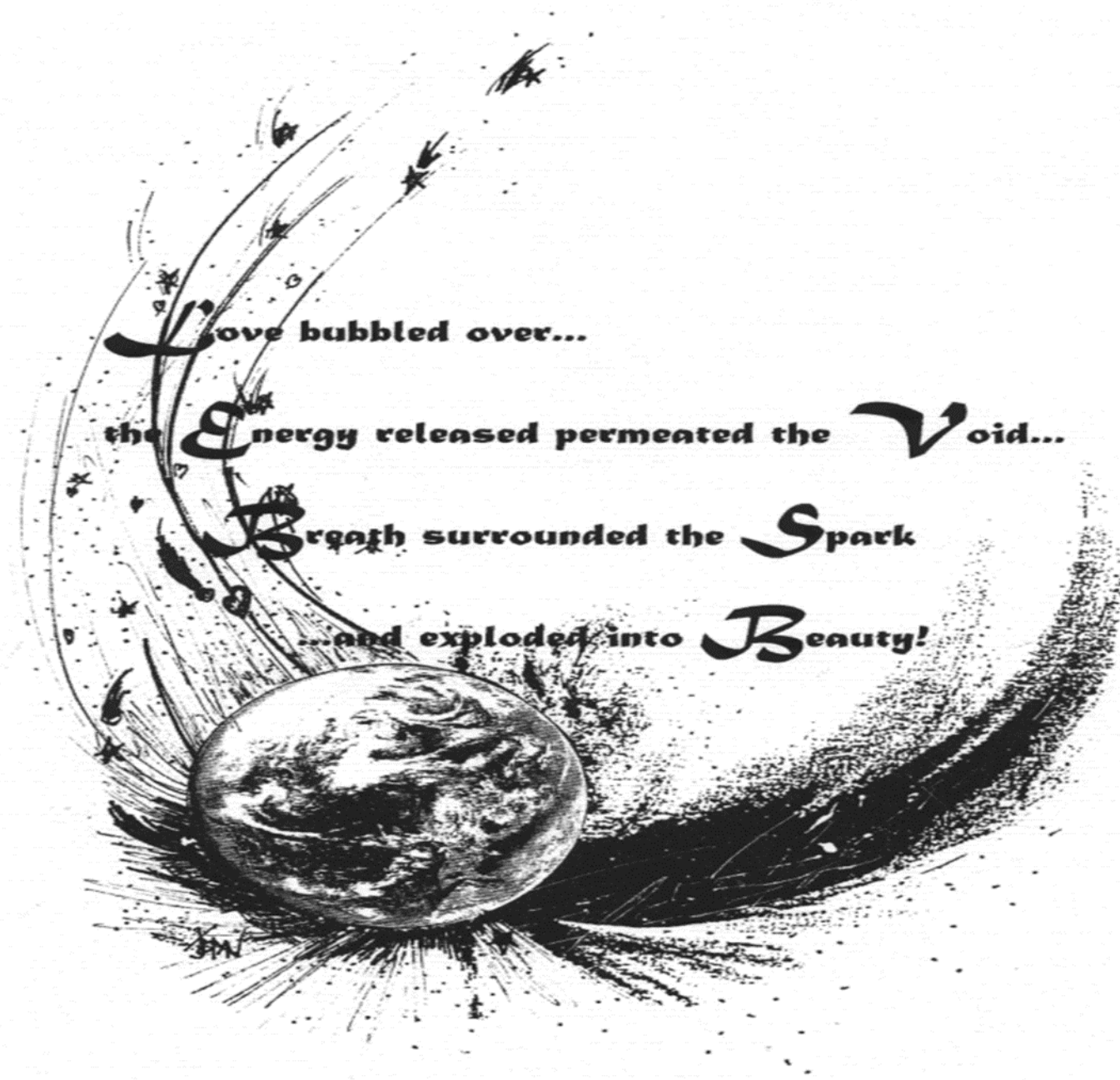


Take a
Long,
Loving
Look
at
What is

Contemplation

Contemplation takes silence and solitude.

- It requires at least 20 minutes of silence
- It is simply being in the presence of God, listening to what God wants us to hear.
- Being in a relationship with God in awe of the Trinity, Father, Son and Holy Spirit
- No need to do anything or accomplish anything We are open vessels ready to receive God's love



Love bubbled over...

the Energy released permeated the Void...

Breath surrounded the Spark

...and exploded into Beauty!

Lectio Divina

Lectio Divina is a reading, on an individual or communal level, of a more or less lengthy passage of scripture, received as the word of God and leading, at the prompting of the Holy Spirit, to meditation, prayer, or contemplation.

Steps in Lectio Divina


- Choose a scripture passage
- Ask the Holy Spirit to guide you
- Meditatio: Read the passage slowly and thoughtfully
 1. What word or words in the passage caught your attention?
 2. What in the passage comforted you?
 3. What in the passage challenged you?
- Oratio: Read the passage again. What prayer of praise, petition or thanksgiving does the passage inspire in you?
- Contemplatio: Read the passage again. What conversion of mind, heart and life is God asking of you?
- Remain in contemplative silence

Centering Prayer



In centering prayer, we seek awareness of the presence of God by withdrawing our attention from the ordinary flow of thoughts. Centering prayer cultivates an interior silence which enables us to move into a spiritual realm of intimacy with God.

Being attentive to God's Spirit requires inner quiet. The methodical steps of centering prayer bring our minds to stillness, silence, and concentration. Our goal is to allow God's presence to become our reality, giving our life meaning, shape, and purpose.



Prayer

https://www.youtube.com/watch?time_continue=10&v=5VhBYDNKJxI

“In the words of Meister Eckhart: Let God speak to you. Be silent and wait for God’s Word

Three Minute Retreat

<https://www.loyolapress.com/retreats/the-wonder-of-faith-start-retreat>





Common life, or community, is the heart of Springfield Dominican Life. We stay connected to friends, family, and the people we serve for a lifetime. At Sacred Heart Convent, the sisters live their commitment to common life by helping and serving one another.

Community (Common Life)





We are in relationship with all that exists. Persons, plants, animals, seas, rivers, clouds, planets, all matter and energy.

The homeless, the immigrants, the LBGTQ.

A broad awareness of Community and our responsibility to the Cosmos becomes the source of our Preaching



For the Life of the World • Por la Vida del Mundo • Pro Mundi Vita

*Holy Mystery, ever ancient, ever new, we,
the Dominican Sisters and Associates of
Springfield, come before you aware of our
interconnectedness in the Cosmos.*

General Chapter 2019



Mutual relationships are the heart of Dominican community, leading members to share their gifts and provide for the needs of others.

<https://www.youtube.com/watch?v=aaVXY1YbAvQ>



Break

Study is an Adventure The Foundation for the Preaching Mission



**A fresh way of seeing new realities
A change in perspective and behaviors**

Study



THE SCHOOL OF GRADUATE, ADULT AND PROFESSIONAL EDUCATION

Raising Awareness of Racism





Associates Study

Leads to Newly Discovered Truths

Inspires Awe and Energizes Imagination

Engages Dialogue with Partners to Listen, Learn and Explore

Initiates an Evolving and Continuing Conversation

*Your experience in these months of Formation
can lead you in surprising directions*

We Need to be Students If We are to be Preachers

- As Dominicans we are to be students of Scripture, of Creation, of Life.
- We need to plumb the depths of all that is being written and done in our world today and see how it relates to amplifies or contradicts the Word of God.
- We need to be able to put aside distractions and distortions and concentrate on where God is manifest, especially in the most unlikely places.



STUDY: To Support the Mission of Preaching the Gospel

Karl Barth advised young theologians

Take your bible and take your newspaper; read both. But interpret newspapers from you bible



Scripture must be a priority

Theological Reflection

A contemplative kind of study that brings experience into dialogue with religious beliefs and particular contexts

*8 Centuries later, the truth is not complete.
There is always more to know and understand
about our spiritual tradition*



**Holy Mystery, ever ancient, ever new,
we, the Dominican Sisters and Associates of Springfield,
come before You
aware of our interconnectedness in the cosmos.**



How do we apply our study and gospel values to the needs of all of creation?





Break!

Preaching is defined as proclaiming the truth based on gospel values.

Within the Dominican Order Preaching is seen as the essence of what it means to be Dominican.

Preaching flows from:

Study

Prayer

Community



PRO
MUNDI
VITA



FOR
THE LIFE
OF THE
WORLD





Dominic's goal was a way of preaching that would make a difference in people's lives

Dominican Sisters of Springfield, Illinois

www.springfieldop.org



Mission Statement

Called by God into right relationship with all creation,
And graced by Dominican life and mission,
We compassionately preach the Gospel of Jesus Christ.

Informal Preaching Making a Difference



Informal Preaching Witnessing the Truth in any Activity



Preaching from the Pulpit of our Lives



Preaching from the Pulpit of our lives



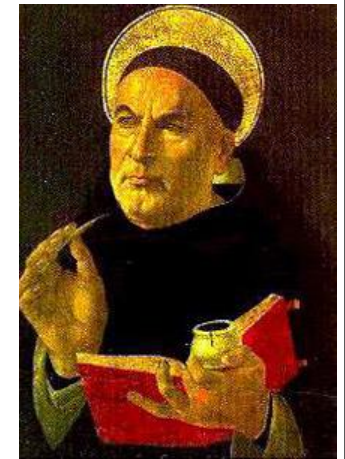
Antiracism

- Our efforts to become an anti-racist congregation and for dismantling systemic racism started more than 15 years ago.
- Dismantling Racism is a Gospel issue. The Dominican Sisters of Springfield have been called by the Spirit to address our own systemic racism, here at Sacred Heart Convent and in our sponsored institutions.



Every Skill and Talent are Needed for the Preaching Ministry

Thomas Aquinas preached through teaching



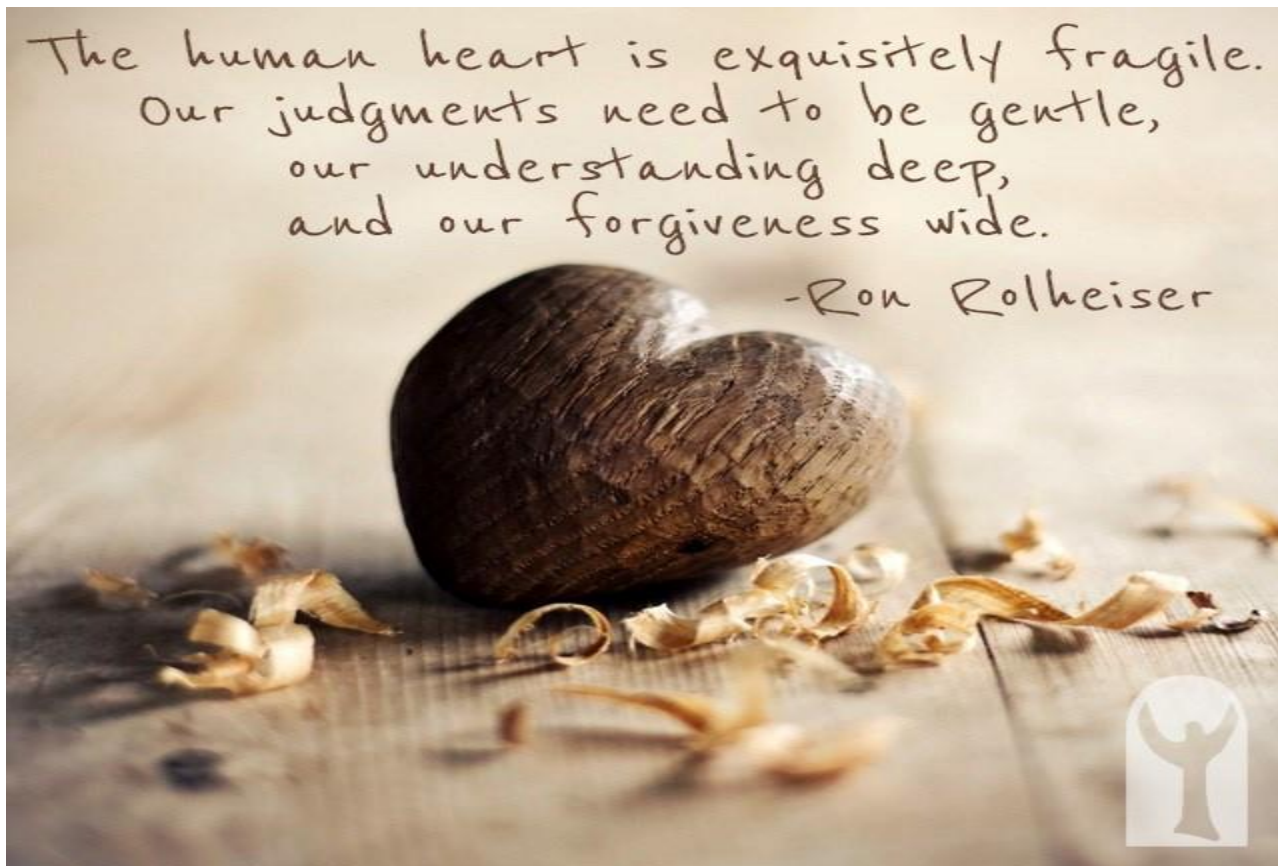
St. Catherine of Siena preached
through her zeal for uniting
divisions and mediating disputes.

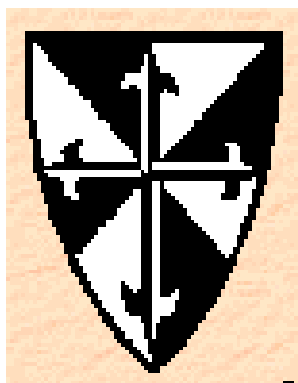


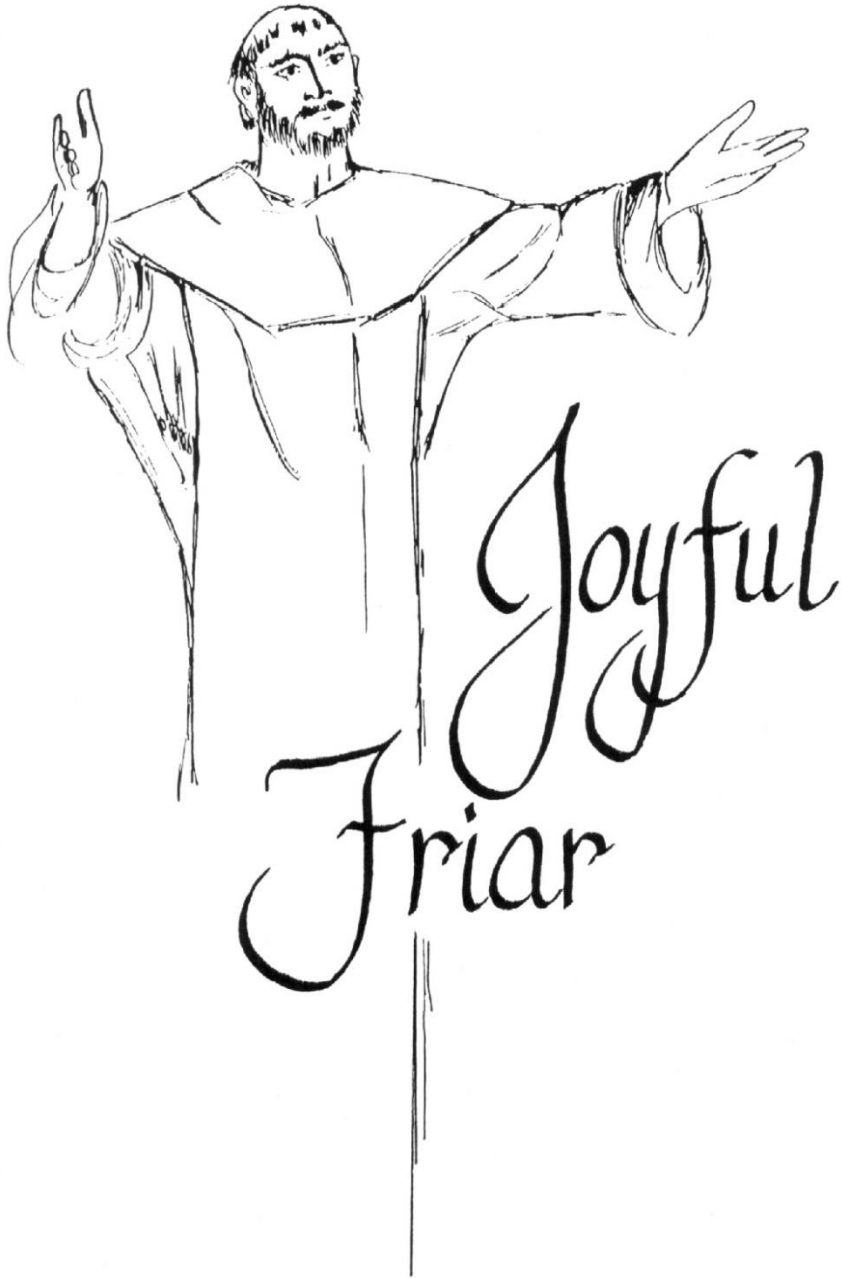
Sr. Martin de Porres preached through
his care for the sick, poor and
marginalized.



Informal Preaching Making a Difference







https://www.youtube.com/watch?time_continue=40&v=cLsdVkbldam