

FORMATION

If we are to follow these words penned by Mary in 1882, each of us need to be immersed in the story which has led us to where we are in this present day.

This story involves much more than a narrative. It encompasses the spirituality, vision, values and mission which motivated Mary and Julian and continues to motivate all who live and work with a Josephite Heart. It is only when we take time to listen and reflect through Formation opportunities that we are able to embrace our place in this ongoing story.

From the Latin formare, meaning 'to shape' formation is an intentional process that is ongoing and reflective. It focuses on the development of individuals and communities from their lived experiences, in spiritual awareness and capabilities for mission and service in the Church and the world.

NCEC. (2017). A Framework for Mission in Catholic Schools

The seeds of *Love* for Mary and Julian will be planted and nurtured as we are introduced to aspects of their lives, as we listen to their story and as we reflect on the charism, spirituality and ethos which resulted in the founding of the Sisters of Saint Joseph.

Our motivation to *Act* will find a home in the vision, values and mission that are the essence of the Sisters of Saint Joseph and therefore of SOSJ Works.

Our response will encompass contemporary, global and cultural realities.

We will be empowered to *Walk* and live into the focus of our personal response to stewardship and leadership within a Josephite context as we find ourselves immersed in this evolving story.

Formation is not just professional development and training. It is:

- invitational
- ongoing
- developmental and
- encourages each person to bring about the Common Good and fullness of life for all.

It is the intention that all staff of SOSJ Works will have access to formation opportunities at a level appropriate to their role, their circumstance and their need.

Formation will build on the experience of the participants through processes of:

- input
- reflection
- sharing and
- application.

Ideally, this reflective, developmental process enables participants to apply the experience to their everyday life and their ministry.



FRAMEWORK FOR REFLECTION

Take a moment in quiet contemplation to engage with the reflection below. You are then invited to pray the blessing.

Individual Reflection

- Recall a transformation experience in your own personal life. How has this experience shaped you?
- Sit with the overview of Formation on page 1 and allow it to resonate with you in the light of your own context. Notice what captures your attention at this time.

Blessing

*Companionship One,
Be among us as we strive to uphold
your mission in our participation
in our SOSJ Works.
May we be committed to
courageous, respectful, inclusive and
compassionate service among your people.
Bless us,
live with us
and love us into our true selves.*

Amen

