

# AN OCTAGENARIAN REFLECTS

Marie Challacombe SM

September 2018

**Start your meeting with prayer. Someone read: Ephesians 4:1– 6**

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the vocation to which you have been called, with all humility and gentleness, with patience, bearing with one another charitably, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

**Listen to the cd or read the script.**

The song is from the Album *Women's Song of God* by Marie Cox

**Share from these reflection starters:**

- *Silently re-read the Scripture: what stands out for you.*
- *Have you ever thought of your body as a prison?*
- *Our primary vocation is to holiness. St Paul makes “putting on the mind of Christ” practical. How does he describe true holiness? Do you agree?*
- *Gratitude can be our hallmark as Christians. Gratitude and humility are deeply interconnected. Who do you know who lives with gratitude?*
- *Share your own experience of illness, vulnerability or aging. How can we allow these life events to bring us closer to God?*
- *What do you think is meant by the ‘true freedom of the children of God’?*

**Pope Francis’ Sept  
2018 Intention  
Universal:**

Young People in Africa  
That young people in Africa may have access to education and work in their own countries.



**Closing Prayer**

God of infinite love,

I want to respond generously to the Holy Spirit  
as Mary did, within my own unique life.

I pray that like her, the Spirit of God guide me every day,  
I want to be a bearer of mercy, life and hope.

I acknowledge how small I am,

So, I put all my trust in God and in Mary.

I ask God, through Mary, for the strength, courage and  
patience to be faithful to whatever God asks of me.

Help me grow in holiness, bearing with others and with  
my own frailties with gratitude and gentleness.

Mary full of grace, Pray for us. Amen