

YEAR ONE : WEEK IN REVIEW

Name: _____ Week Ending: _____

Readings

I have read Formation Chapter 1 and understand its content. <u>(First Month Only)</u>	YES NO, Explain here:
Current book being read from syllabus:	
Proposed completion date:	
Proposed completion date for Refection paper:	
Are you on target? If not explain here:	

Divine Offices

Mark with an "X" each service of the Divine Office performed each day. You are required to recite Morning and Evening Prayer at least four times a week and either the Noon Office or Compline at least three times a week. Morning Prayer, Noon Prayer, Evening Prayer, and Compline are optional on Sunday.

Weekdays	Morning Prayer	Noon Prayer	Evening Prayer	Compline
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

What difficulties are you experiencing saying the Offices? Example: I had to make a day trip on Wednesday. No opportunity to do Morning Prayer/Noon Prayer.

Study

	Rule of St. Benedict	Customary	Constitution/ ByLaws
<u>Instructions:</u>	<i>Enter the chapter or the segment of a chapter read. Look for new insights daily..</i>	<i>Enter segment studied. When reading the Customary, see it as a living document made for our time.</i>	<i>Enter segment read. When reading the Constitution or ByLaws, view it as building blocks to an ordered living organism.</i>
<u>Frequency:</u>	Daily	Daily	Weekly
Sunday		Free	Free
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Lectio Divina – Reading and listening to the Sacred Word

A minimum of 30 minutes should be devoted to Lectio Divina and Contemplation per day.

Use a Psalm each day. Enter the Psalm and the verse that you used for Lectio Divina and enter the word or phrase that you focused on.

	<i>Source of Lectio Divina</i>	<i>Word or words Reflected Upon</i>
Sunday	Free	Free
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Sat		

Meditation – Reflection made personal

Using the word or phrase of each day above, what primary question or application of the Psalms was made known to you in your prayer and reflection?

Contemplation – Waiting on the Spirit

Integrating the “personal applications” from the past week, what new grace or insight was learnt from your silent waiting on the Holy Spirit? Enter your response below, and it need not be long, but reflective of your encounter with the Holy.

Sunday	Free
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Do you have comments or concerns about your formation?