

Here at the Mountain, we as a core community have been sharing deeply with one another the many ways that we “go among” to share the Good News. There are so many ways we do this – in our daily interactions with one another, by sharing a meal with a student on campus or with others during Sunday brunch, by how we try to be present to the person who helps us at the store... it is truly reflected more in how we walk through the world, rather than the actual path we take. I am continually reminded by my brothers that God grants me this opportunity anew every day. Then again, there are perhaps other “larger” opportunities that God might call us to. I wanted to share one such experience with you.

We recently invited a group to the Mountain for a Women’s Overnight of reflection and retreat. This truly started as a sort of “grass roots” movement – a casual conversation here or there among women who came into contact with the Mountain community and who were looking for, longing for, something “more.” These casual discussions quickly became much deeper, a shared experience of conversatio - and I truly felt God calling us to plan a time of “rest and re-creation” that would be specifically set aside for women.

We began to reach out to those around us and before we knew it, we had a waiting list of those wanting to be involved! Approximately 15 women joined us early on a Saturday afternoon. God granted us the most glorious weather of unending sunshine and mild temperatures. We were able to begin with introductions and the voicing of individual needs each one came with. We then moved into quiet time spent in creation without any specific direction or destination and with the intention of just being... being present to ourselves, God and all of the creation that surrounds us. We rejoined for fellowship and a shared meal with each other and some of our Mountain brothers that offered lots of laughter, continued conversatio, hugs, and even some tears. The energy in the room was palpable! After dinner, we moved to the Chapel, surrounded by candlelight and music for even deeper sharing around our theme “Just One Thing... A New Beginning.” We helped one another identify obstacles to spending meaningful time with God – and then shared many ways that we might begin “just one thing” that we could do daily that could bring us closer to God, and through that, to those around us.

The weekend closed with Mass on Sunday followed by a community brunch. This was truly an experience of allowing one’s self to be informed, reformed and transformed. It was both a personal journey as well as a communal one. There was something very special about creating a space specifically for women to join together; it was a wonderful reminder of just how powerful the Holy Spirit can be when we open ourselves up to one another in vulnerability – and how empowered we as women might feel to step into whatever God calls us to do, to know that we are children of God, we are loved, and we are enough!

Peace –

Karen Pulaski
Mountain Companion

