



Reflecting the Fire of the Holy Spirit

A Summer Mini Retreat ♦ 45 - 50 minutes
Dedicated to the Council of Catholic Women (CCW)

Make Way for the Holy Spirit

Leader: As Catholic women gathered in faith, fellowship, and service, we welcome this summer moment as an invitation to pause, reflect, and rekindle the fire of the Holy Spirit. May this retreat strengthen us in our vocation as disciples, deepen our love for Christ and His Church, and renew our shared mission to serve our families, our parishes, and our communities with joyful hearts.

All: Holy Spirit, as the sun pours forth its warmth and brilliance upon the earth, we come before You as women of faith seeking renewal and illumination. Bless the Council of Catholic Women gathered here. Let Your holy fire burn away all that is weary and cold within us; ignite our hearts with faith, hope, and love. Move through each moment of this retreat, filling our minds with wisdom and clarity, our souls with courage and peace, and our community with unity in Christ. May Your presence transform us and draw us into deeper union with God and one another.

Send forth Your flame, O Holy Spirit, that we may be kindled anew in our prayer, our friendship, and our service. Let our spirits burn with the desire to listen generously, lead humbly, and reflect Your goodness in our homes, our parish life, and the works of mercy entrusted to us.

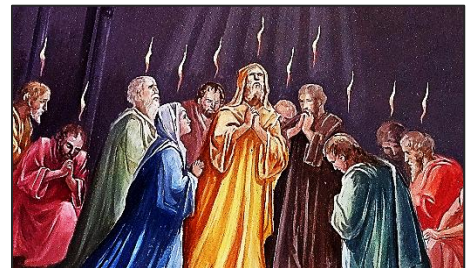
We welcome this time of reflection and spiritual growth, trusting that your fire will guide us from the quiet center of our hearts to the vibrant edges of our lives. Amen.

Awaken to the Presence of the Holy Spirit

Reader 1: Before we begin this spiritual journey as the Council of Catholic Women, let us take time to prepare our hearts, our table, and our space for prayer.

- ◆ Gather items that inspire prayer: a Catholic Bible, a journal, a candle, a rosary, images of saints, or any sacramental objects that draw your attention to the sacred.
- ◆ Close your eyes, place yourself in a familiar place of peace.
- ◆ Silence the noises around you, and then allow two minutes to feel peace and prayerfully ask the Holy Spirit to guide your retreat: "Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love."
- ◆ May this mark the starting point of your retreat.

Reader 2: We begin with meditation on the Holy Spirit, whose presence is both gentle and transformative, like the soft breeze that stirs the trees or the silent spark that kindles fire. Consider the biblical imagery of Pentecost, where tongues of flame rest upon the disciples, filling them with courage and wisdom.



- ◆ Reflect on the fruits and gifts of the Spirit, found in Galatians 5:22-23 and Isaiah 11:2-3.
- ◆ Write in your journal and share: Which gifts of the Spirit most support your calling as a Catholic woman in your family, parish, council, and community?

- ◆ Write in your journal and share: Which fruits (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) do you already see blossoming in your life?
- ◆ Spend time in silence, inviting the Holy Spirit to reveal new stirrings in your soul. Pray the traditional “Veni Sancte Spiritus,” a Latin phrase, meaning “Come, Holy Spirit.”

Living as a Vessel of the Spirit

Reader 3: Fire symbolizes passion, transformation, and divine clarity. The Holy Spirit kindles within us a fervent love for God and for others, purifies what is unworthy, and lights the path of our journey. Today, reflect on the moments when you have been touched by the Spirit’s fire—moments of sudden inspiration, profound conviction, or serene peace.

Utilizing your smart phone, laptop/computer and/or a book, delve into the lives of saints ignited by the Holy Spirit—like St. Catherine of Siena, St. Philip Neri, and St. Teresa of Ávila. Feel their fire, their boundless zeal for God and others, and reflect on how their passion changed the world.

Reflect, journal and share:

- ◆ How might their example awaken and guide the Spirit’s fire within your own journey?
- ◆ What passions has God already placed in your heart?
- ◆ How might you channel the Spirit’s fire to serve others?
- ◆ Are there places within you that need the gentle purifying touch of God’s love?
- ◆ Light a candle, offering its flame as a symbol of your desire for renewal.
- ◆ Pray for the fire of the Holy Spirit to burn away all fear, indifference, or apathy, making way for love’s creative energy.

Reader 4: It’s time to focus on carrying the light and warmth of the Spirit into the world. To be a vessel of the Holy Spirit is to reflect Christ’s love in both word and deed. Consider the Acts of the Apostles and the bold proclamation of faith that followed Pentecost.

Reflect, journal and share:

- ◆ How are you called to witness today?
- ◆ Perform a work of mercy—write a note of encouragement, offer forgiveness, visit someone who is lonely, or give to those in need. As women of the Council of Catholic Women, how can your shared witness become an echo of the Spirit’s generosity in your parish and community?
- ◆ Practice Lectio Divina with a passage such as Romans 8:14-17, listening for the Spirit’s personal invitation. How would Lectio Divina shape your actions?
- ◆ Journal your reflections, strategic plans, and spiritual objectives to align more closely with the guidance of the Holy Spirit.

Reader 5: Gather with the women at your table for shared prayer, reflection, and conversation about how the Holy Spirit is moving through your council, your parish, and your community.

- ◆ Begin with the “Come, Holy Spirit” prayer (see below), sing hymns, and share stories of how the Spirit has moved in your lives.

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

Let us pray. O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in his consolation. Through Christ our Lord. Amen.

- ◆ Conclude with a prayer, asking God’s fire to fill your community with unity and purpose.

Carrying the Fire Forward

Reader 6: As this mini retreat draws to a close, spend time in thanksgiving, and embrace this call to cultivate a spirit of gratitude, not just through the summer, but year-round, deeply intertwined with the Eucharist. The summer's warmth mirrors the abiding presence of the Holy Spirit, a gentle heat that lingers and deepens as days unfurl. Journal a prayer of gratitude, commit to a daily practice that honors the Spirit's movement, and plan ways to continue nurturing the flame.

Incorporate this daily prayer:

Holy Spirit, flame of light and love, ignite in me a transforming love, a sustaining courage, and a guiding wisdom. May your presence shine through every thought, word, and action I offer. Amen.

All: O Holy Spirit, Divine Flame and Gentle Guide, as we step from this time of reflection into the unfolding days, we ask you: kindle anew within our hearts the fire of your love. Let your presence be the light that illuminates our path, your courage, the spark that ignites our witness, and your wisdom, the breeze that shapes our choices.

May the warmth we have received here linger in every encounter, drawing us into deeper unity and purpose. Set our hearts ablaze with compassion for those we meet, that our words and deeds may reveal your mercy and truth. As vibrant embers of your Pentecost fire, let us carry forth the Spirit's gifts, joy, patience, kindness, and faithfulness, into our homes, our parishes, and the world beyond.

Holy Spirit, you who dwell within and move among us, transform our fears into hope, our uncertainties into trust, and our longing into praise. May we never cease to seek your guidance, nor fail to share your light with those in darkness. Keep us ever open to the surprises of your grace, attentive to your promptings, and generous in our love.

We thank you, Spirit of Life, for this retreat and for the abiding warmth of your presence. As we go forth, let every day be a living prayer, a testament to the fire that cannot be quenched. Amen.

Leader: This summer mini retreat for the Council of Catholic Women has been a gentle invitation to step into the quiet fullness of God's presence, illuminated by the fire of the Holy Spirit. Together, we have been reminded of our dignity, our calling, and our mission to bring Christ's light into our homes, our parishes, and the world around us through prayer, friendship, and loving service.

May your heart, like a candle in the summer dusk, reflect the fire of the Holy Spirit—radiant, enduring, and ever open to the grace that transforms.

Resources for Further Reflection

- ◆ Scripture Study: Explore passages about the Holy Spirit, such as John 14-16, Acts 2, and 1 Corinthians 12.
- ◆ Spiritual Reading: Dive into classics like "The Sanctifier" by Archbishop Luis M. Martinez and/or "The Holy Spirit, Fire of Divine Love" by Fr. Wilfrid Stinissen.
- ◆ Prayer Practices: Adopt the daily "Come, Holy Spirit" invocation, the Rosary's Glorious Mysteries, and/or the novena to the Holy Spirit.
- ◆ Music and Art: Listen to hymns like "Spirit Blowing Through Creation" or contemplate artwork depicting Pentecost and the descent of the Spirit.

