Some questions to help you stay on course for communion in times of crisis

In the case of mild troubles

- Can I name frankly my feelings?
- Is the good of the work my priority?
- How do I discern what is essential?
- How do I cultivate faith, courage and trust in God?

When rupture is unavoidable…

- Am I looking for who's right and who's wrong?
- How do I resist the temptation to speak negatively of the other?
- How do I practice not focusing only on human feelings?
- How do I trust in community discernment in making this decision?
- What do I do so that I don't break up relationships forever?

When the points of view are different

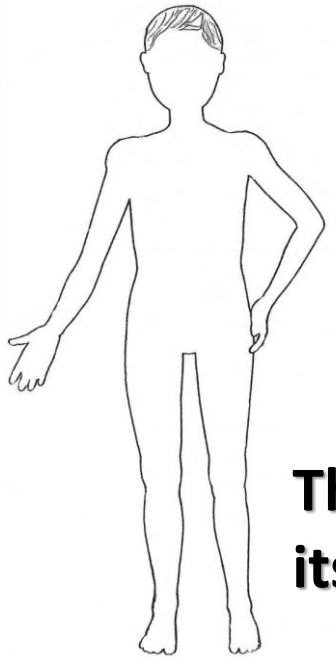
- How do I remember the past?
- How do I make myself indifferent and listen to the desires of the group, of the community?
- How do I value the qualities of others?
- How do I take into account the role of each one and the link with the Church?
- Do I know how to be prudent and follow the steps?
- How do I clarify my thoughts to avoid misunderstandings?

Some images of communion according to Saint Marie

The tree and its branches

The hive

The garden



The body and its members

What are the images that represent communion for you?