



# THE LITTLE DESIGN COMMUNITIES

MONTHLY GATHERINGS

IN YOUR OWN HOMES with song, prayer,  
sacred reading, silence,  
sharing of hearts, refreshments.

## Our 'LITTLE DESIGN' Community GATHERINGS

Small groups	Date	Time	Home location	Refreshments by
<b>Gathering #1</b> (introduction- Vision and History)				
<b>Gathering #2</b> (paragraphs 1-5)				
<b>Gathering #3</b> (paragraphs 6-10)				
<b>Gathering #4</b> (paragraphs 11-18)				
<b>Gathering #5</b> (paragraphs 19-25)				
<b>Gathering #6</b> (paragraphs 26-33)				
<b>Gathering #7</b> (paragraphs 34- 35)				
<b>Gathering #8</b> (paragraphs 36-42)				

### Communal gatherings of Little Design Communities in your area:

Communal Gatherings	Date	Time	Location
<b>Christmas Party</b>			
<b>Pentecost Vigil</b>			

## How to start your own **Little Design** small community

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- **Discern** a few women or men (or couples) that you already feel some 'spiritual attraction' toward. We suggest group size be three to six persons.
- **Invite them** to consider/discern coming to a Little Design Community gathering at your home. Encourage them to read the information posted on our Little Design Communities website.  
Go to [www.theupperroomhomeofprayer.org](http://www.theupperroomhomeofprayer.org)

Since **The Eucharistic Letter** describes the core vision given to us by Jean Pierre Medaille, SJ, it would be helpful for everyone to read and pray with this Letter before coming to the first gathering and listen for an inner resonance. Then, if so prompted by the Spirit, come to your small group for these monthly gatherings.

- **Set a first gathering date** for 'come and see' at your home. Everyone is invited to share hearts. Discuss and consider how your group would like to plan to go forward. Enjoy a cup of tea and simple refreshments.
- Download the **binder of printed materials** from the website OR send us an email to purchase any or all of the available resources. (*Binder with commentary, mugs with logo, sharing of hearts cards and prayer cards*)  
E-mail Sr. Rosemary at [upperroom@sympatico.ca](mailto:upperroom@sympatico.ca) to place your bulk order.
- Be sure to join us also at the ONLINE Little Design Communities throughout the year(s) and share your experiences and reflections. Hopefully, together, we can circle the world with LOVE!

Gathering Song: Fire of Love

- used with Miriam's permission

**FIRE OF LOVE**

*Miriam K. Martin*

*Refrain*

Fire of love, Source of all life Sa - cred the  
pla - ces we ga - ther. Fire of love,  
Source of all life Part - ner - ing all of cre - a - tion.

The Refrain is written in 3/4 time. The melody is on a treble clef staff. The lyrics are: "Fire of love, Source of all life Sa - cred the pla - ces we ga - ther. Fire of love, Source of all life Part - ner - ing all of cre - a - tion." The chords are: C, Am, F, C, Em, Dm, G, C, C7, F, C, Em, G, C.

*Verses*

1. God of the mor - nings, God of the light, Part - ner - ing  
all of cre - a - tion. You are the One who  
brings us new life, Part - ner - ing all of cre - a - tion.

The first verse is written in 3/4 time. The melody is on a treble clef staff. The lyrics are: "1. God of the mor - nings, God of the light, Part - ner - ing all of cre - a - tion. You are the One who brings us new life, Part - ner - ing all of cre - a - tion." The chords are: F, C, F, C, G, C, C7, F, C, G7, C.

2. God of our noon time, God of our days,  
Partnering all of creation.  
You are the One who opens our ways.  
Partnering all of creation.

3. God of our sunsets, God of our nights,  
Partnering all of creation.  
You are the One where we rest in delight,  
Partnering all of creation.



## First Little Design Community Gathering

*“Beams of Love”* Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

The flow of our gatherings will always offer some time for informal conversation as everyone arrives and settles in. Then the HOME HOSTESS calls us to prayer by lighting the Christ candle and all present come forward to light their votive light around it. Someone leads us in a gathering song – or we listen to a meditative CD - followed by praying together the Little Design Communities Gathering Prayer. Someone is invited to proclaim a scripture and/or read a section of The Eucharistic Letter and/or a spiritual text. Then follows a period of silence (5-7 minutes) for pondering the Word in our hearts.

During Year 1 there will be some guided input on the Eucharistic Letter- the core vision document - and all can follow along with the binder commentary notes. (Download Text at website)

Then, we move into ‘sharing the state of the heart’ and listening to each other’s stories. After all have shared, and all have placed their coloured cards around the Christ light, we pause again to pray the closing prayer. We hold each other in the presence of the ‘beams of Divine Love.’

These times together - once a month - grow more precious as the community spirit grows and we bond deeply in trust and compassion. Every gathering ends with some tea and simple refreshments.

**Introductions** ... getting to know YOU. We invite everyone gathered around the circle to tell us your name and ‘a little something about yourself’ and why you have come.

**Opening Song** Fire of Love (or play a CD of your choice: e.g. Monica Brown, Taize etc.)

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere.  
In the inner depths of my own heart, in the world, in all creatures around me,  
you live and move and have your being. I am not separate from you,  
and because of your wondrous love I am not separate from all creation.  
Help me to live with eyes wide open to your self-communication.  
Help me to be open to your lavish grace, to receive it without fear and  
with the conviction that you want nothing more than for me to receive it.  
In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

-from Judy Cannato, *Field of Compassion*

**Scripture: A reading from St. Paul's letter to the Ephesians 3:14-21**

This, then, is what I pray, kneeling before the Father, from whom every family, whether spiritual or natural, takes its name: out of his infinite glory, may he give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then, planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth; until, knowing the love of Christ which is beyond all knowledge, you will be filled with the utter fullness of God. Glory be to him whose power working in us, can do infinitely more than we can ask or imagine; glory be to him from generation to generation in the Church and in Christ Jesus for ever and ever. AMEN.

The Word of the Lord.

R. Thanks be to God.

Pause for silent prayer (5-7 minutes)

**Telling the Story of The Little Design ... refer to the History and Vision section** Allow time for questions and comments ~ be in awe of the mystery unfolding here ~ be aware of resonance. How does the Spirit speak within you today? Engage in conversation.

**Introduce Sharing the State of the Heart** – see notes and coloured cards in the binder.

- ✓ Spend as much time as is needed to have everyone share their story.
- ✓ Place your card around the Christ light with the SACRED WORD describing the state of your heart this month. Pray for each other. Imagine everyone being touched by the Light and Love of Christ.

**Closing Prayer**



O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.

**Before departing...** be sure to fill in the enclosed chart for the dates and times and locations for your next meetings. Exchange phone numbers and email addresses to stay connected.

**Refreshments** – enjoy a cup of tea and the companionship of new friends.



**Sip together the cup of blessing!**



## Second Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love (or CD of your choice)

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere.  
In the inner depths of my own heart, in the world, in all creatures around me,  
you live and move and have your being. I am not separate from you,  
and because of your wondrous love I am not separate from all creation.  
Help me to live with eyes wide open to your self-communication.  
Help me to be open to your lavish grace, to receive it without fear and  
with the conviction that you want nothing more than for me to receive it.  
In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

*-from Judy Cannato, Field of Compassion*

### Scripture: A reading from the prophet Habakkuk 2:1-4

I will stand on my watchtower,  
and take up my post on my battlements,  
watching to see what he will say to me,  
what answer he will make to my complaints.

Then Yahweh answered and said,  
‘Write the vision down,  
Inscribe it on tablets  
to be easily read,  
since the vision is for its own time only;  
eager for its own fulfillment, it does not deceive;  
if it comes slowly, wait,  
for come it will, without fail.

“See how he flags, he whose soul is not at rights,  
But the upright one will live by faithfulness.”

The Word of the Lord. R. *Thanks be to God.*

*Pause for silent prayer (5-7 minutes)*



## Guided Reflection on The Eucharistic Letter: *vision and essence of the Little Design* paragraphs 1-5

- Download these pages from the website or...
- Go to the white binder and read the commentary for these 5 paragraphs.
- One person reads the original text – Medaille’s written words.
- Another person is prepared to speak about the commentary.
- Open conversation and responses from the gathered community.

### Sharing the State of the Heart

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

### Closing Prayer



O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.

**Refreshments** – enjoy a cup of hot cider with appetizers, fruit and the companionship of new friends. Sip together the cup of blessing!



**and the greatest of these is Love.**





## Third Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love (or CD/song of your choice)

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere. In the inner depths of my own heart, in the world, in all creatures around me, you live and move and have your being. I am not separate from you, and because of your wondrous love I am not separate from all creation. Help me to live with eyes wide open to your self-communication. Help me to be open to your lavish grace, to receive it without fear and with the conviction that you want nothing more than for me to receive it. In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

- from Judy Cannato, *Field of Compassion*

### Scripture: A reading from Philippians 2:1-9

If our life in Christ means anything to you, if love can persuade at all, or the Spirit that we have in common, or any tenderness and sympathy, then be united in your convictions and united in your love, with a common purpose and a common mind. That is the one thing which would make me completely happy. There must be no competition among you, no conceit; but everybody is to be self-effacing. Always consider the other person to be better than yourself, so that nobody thinks of his own interests first but everybody thinks of other people's interests instead. In your minds you must be the same as Christ Jesus. His state was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him a name which is above all other names so that all beings in the heaven, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

The Word of the Lord. R. Thanks be to God.

*Pause for silent prayer (5-7 minutes)*

**Guided reflection on The Eucharistic Letter – *a real nothingness - no founder, no house of its own, even our part in it, amounts to nothing!* - paragraphs 6-10**

- Download these pages from the website or...
- Go to the white binder and read the commentary for these next 5 paragraphs.
- One person reads the original text – Medaille’s written words.
- Another person is prepared to speak about the commentary.
- Open conversation and responses from the gathered community.

**Sharing the State of the Heart** – see notes and coloured cards in the white binder.

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

**Closing Prayer**

O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen



**Refreshments** – enjoy a cup of tea with snacks. Delight in good companionship.



**Empty... yet filled with Love**





## Fourth Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love (or your own choice of song/CD)

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere. In the inner depths of my own heart, in the world, in all creatures around me, you live and move and have your being. I am not separate from you, and because of your wondrous love I am not separate from all creation. Help me to live with eyes wide open to your self-communication. Help me to be open to your lavish grace, to receive it without fear and with the conviction that you want nothing more than for me to receive it. In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

*-from Judy Cannato, [Field of Compassion](#)*

### Scripture: A reading from the Gospel of St. Luke 12: 22-32

Then he said to his disciples, “That is why I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. For life means more than food, and the body more than clothing. Think of the ravens. They do not sow or reap; they have no storehouses and no barns; yet God feeds them. And how much more are you worth than the birds! Can any of you, for all his worrying, add a single cubit to his span of life? If the smallest things, therefore, are outside your control, why worry about the rest? Think of the flowers; they never have to spin or weave; yet I assure you, not even Solomon in all his regalia was robed like one of these. Now if that is how God clothes the grass in the field which is there today and thrown into the furnace tomorrow, how much more will he look after you, you people of little faith! But you, you must not set your hearts on things to eat and things to drink; nor must you worry. It is the pagans of this world who set their hearts on all these things. Your Father well knows you need them. No; set your hearts on his kingdom, and these other things will be given you as well. There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom.

The Word of the Lord. R. Thanks be to God.

*Pause for silent prayer (5-7 minutes)*

## Guided reflection on The Eucharistic Letter – *evangelical counsels* - paragraphs 11-18

- Download these pages from the website or...
- Go to the white binder and read the commentary for these next 5 paragraphs.
- One person reads the original text – Medaille’s written words.
- Another person is prepared to speak about the commentary.
- Open conversation and responses from the gathered community.

## Sharing the State of the Heart – see notes and coloured cards in the white binder.

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

## Closing Prayer

O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.



## Refreshments – enjoy a cup of tea with snacks and the companionship of new friends.



**Live simply. Love purely. Listen deeply.**



## Fifth Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere. In the inner depths of my own heart, in the world, in all creatures around me, you live and move and have your being. I am not separate from you, and because of your wondrous love I am not separate from all creation. Help me to live with eyes wide open to your self-communication. Help me to be open to your lavish grace, to receive it without fear and with the conviction that you want nothing more than for me to receive it. In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

*-from Judy Cannato, [Field of Compassion](#)*

### Scripture: A reading from the Gospel of St. John 17:18-24

As you sent me into the world,  
I have sent them into the world,  
and for their sake I consecrate myself so that they too may be consecrated in truth.  
I pray not only for these, but for those also  
who through their words will believe in me.  
May they all be one.  
Father, may they be one in us, as you are in me and I am in you,  
so that the world may believe it was you who sent me.  
I have given them the glory you gave me, that they may be one as we are one.  
With me in them and you in me,  
may they be so completely one  
that the world will realize that it was you who sent me  
and that I have loved them as much as you loved me.

The Word of the Lord. R. *Thanks be to God.*

*Pause for silent prayer (5-7 minutes)*



## Guided reflection on The Eucharistic Letter – *total double union* – paragraphs 19- 25

- ✓ Download these pages from the website or...
- ✓ See section in the white binder commentary for these paragraphs.
- ✓ One person reads the original text – Medaille’s written words.
- ✓ Another person is prepared to speak from the commentary.
- ✓ Open conversation and responses from the gathered community.

## Sharing the State of the Heart – see notes and coloured cards in the white binder.

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

## Closing Prayer



O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.

**Refreshments** - enjoy a cup of tea with scones and jam. Table friendship bonds us!



**May we all be one!**





## Sixth Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere.  
In the inner depths of my own heart, in the world, in all creatures around me,  
you live and move and have your being. I am not separate from you,  
and because of your wondrous love I am not separate from all creation.  
Help me to live with eyes wide open to your self-communication.  
Help me to be open to your lavish grace, to receive it without fear and  
with the conviction that you want nothing more than for me to receive it.  
In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

*-from Judy Cannato, [Field of Compassion](#)*

### Scripture: A reading from the Gospel of Luke 6:36-38

Be compassionate as your Father is compassionate.  
Do not judge and you will not be judged yourselves.  
Do not condemn, and you will not be condemned yourselves.  
Grant pardon, and you will be pardoned.  
Give, and there will be gifts for you:  
Full measure, pressed down,  
shaken together, and running over,  
will be poured into your lap;  
because the amount you measure out is  
the amount you will be given back.

The Word of the Lord. R. *Thanks be to God.*

*Pause for silent prayer (5-7 minutes)*

## Guided reflection on The Eucharistic Letter - the virtues, activities, and nature of The Little Design communities - paragraphs 26-33

- ✓ Download these pages from the website or...
- ✓ See section in the white binder commentary for these paragraphs.
- ✓ One person reads the original text – Medaille’s written words.
- ✓ Another person is prepared to speak from the commentary.
- ✓ Open conversation and responses from the gathered community.

### Sharing the State of the Heart – see notes and coloured cards in the white binder.

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

### Closing Prayer



O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.

### Refreshments enjoy a cup of tea with cheese, crackers and veggie tray.



**My cup runneth over!**



## Seventh Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere. In the inner depths of my own heart, in the world, in all creatures around me, you live and move and have your being. I am not separate from you, and because of your wondrous love I am not separate from all creation. Help me to live with eyes wide open to your self-communication. Help me to be open to your lavish grace, to receive it without fear and with the conviction that you want nothing more than for me to receive it. In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

*-from Judy Cannato, [Field of Compassion](#)*

### Scripture: A reading from St. Paul's letter to the Philippians 1:3-11

I thank my God whenever I think of you; and every time I pray for all of you, I pray with joy, remembering how you have helped to spread the Good News from the day you first heard it, right up to the present. I am quite certain that the One who began this good work in you will see that it is finished when the Day of the Lord Jesus comes. It is only natural that I should feel this toward you all, since you have shared the privileges which have been mine; both my chains and my work defending and establishing the Gospel. You have a permanent place in my heart, and God knows how very much I miss you all, loving you as Christ Jesus loves you. My prayer is that your love for each other may increase more and more and never stop improving your knowledge and deepening your perception so that you can always recognize what is best. This will help you to become pure and blameless, and prepare you for the Day of Christ, when you will reach the perfect goodness which Jesus Christ produces in us for the glory and praise of God.

The Word of the Lord. R. *Thanks be to God.*

*Pause for silent prayer (5-7 minutes)*

**Guided reflection on The Eucharistic Letter – *the growth and spread of the Little Design communities* -paragraphs 34-35** Download these pages from the website or...

- ✓ See section in the white binder commentary for these paragraphs.
- ✓ One person reads the original text – Medaille’ s written words.
- ✓ Another person is prepared to speak from the commentary.
- ✓ Open conversation and responses from the gathered community.

**Sharing the State of the Heart** – see notes and coloured cards in the white binder.

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

**Closing Prayer**



O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.

**Refreshments** – enjoy a cup of tea and fruit breads. Celebrate being soul-friends!



**Proclaim Good News!**



## Eighth Little Design Community Gathering

“Beams of Love” Artist: Mary Southard, CSJ  
[www.MarySouthardArt.Org](http://www.MarySouthardArt.Org) Congregation of St. Joseph

### Words of Welcome

**Opening Song** Fire of Love

### Gathering Prayer of the Little Design Communities

Holy One, evidence of your self-communication in love is all around, everywhere. In the inner depths of my own heart, in the world, in all creatures around me, you live and move and have your being. I am not separate from you, and because of your wondrous love I am not separate from all creation. Help me to live with eyes wide open to your self-communication. Help me to be open to your lavish grace, to receive it without fear and with the conviction that you want nothing more than for me to receive it. In turn, may I be gracious to others, an instrument of your lavish grace to all I meet. Amen.

*-from Judy Cannato, [Field of Compassion](#)*

### Scripture: A reading from 2 Thessalonians 2:13-17 and 3:1-5

We feel that we must be continually thanking God for you, sisters and brothers whom the Lord loves, because God chose you from the beginning to be saved by the sanctifying Spirit and by faith in the truth. Through the Good News that we brought he called you to this so that you should share the glory of our Lord Jesus Christ. Stand firm, then, sisters and brothers, and keep the traditions that we taught you, whether by word of mouth or by letter. May our Lord Jesus Christ himself, and God our Father who has given us his love and, through his grace, such inexhaustible comfort and such sure hope, comfort you and strengthen you in everything good that you do or say. Finally, sisters and brothers, pray for us; pray that the Lord’s message may spread quickly and be received with honor as it was among you. Remember the Lord is faithful, and he will give you strength and guard you from all evil, and we, in the Lord, have every confidence that you are doing and will go on doing all that we tell you. May the Lord turn your hearts toward the love of God and the fortitude of Christ.

The Word of the Lord. R. *Thanks be to God.*      *Pause for silent prayer (5-7 minutes)*



## Guided reflection on The Eucharistic Letter – *the food, the homes, the activities, summary - paragraphs 36-42*

- ✓ Download these pages from the website or...
- ✓ See section in the white binder commentary for these paragraphs.
- ✓ One person reads the original text – Medaille’s written words.
- ✓ Another person is prepared to speak from the commentary.
- ✓ Open conversation and responses from the gathered community.

## Sharing the State of the Heart – see notes and coloured cards in the white binder.

- ✓ Everyone chooses ONE of the cards from the plastic folder. Choose a WORD that just seems to resonate with the state of your heart. Sit in silence with it awhile and let your story reveal itself to you. Then...
- ✓ Spend as much time as is needed to have everyone share their story. Just listen to each other. No one needs to comment, fix, or resolve the situation. Let the Spirit work in your midst! Listen to each other and observe the shifts, growth, insights, changes, all occurring within the other person’s journey over the past month. There is a ‘spiritual direction’ emerging in and through all the situations. Most of all listen to your own insights as you share from your own heart. Be receptive and obedient to the Spirit promptings within you.
- ✓ Pray for each other as the individual coloured cards are placed around the Christ candle. Imagine everyone being touched by the light and love of the Great Lover God.

## Closing Prayer



O God, who through your servant, Jean-Pierre Medaille, have deigned to call a great number of souls to the imitation of the Word Incarnate. In his great love for God and humanity, we beg of You, glorify Your name and glorify your servant, by granting us through his intercession the favors which we ask. We pray also that by his intercession the whole family of “the little design” may be continually renewed in his spirit and hasten with joy along the way which he has traced out for them towards this greatest love. Amen.

## Refreshments – enjoy a cup of tea with breads and jams. Cherish your spiritual friends.



**All is well with my soul!**



## Other choices for Gathering Prayers:

Go to The Little Design Communities website:

[www.theupperroomhomeofprayer.org](http://www.theupperroomhomeofprayer.org)

- Download your choice of Christmas or Pentecost prayer celebration.
- Submit your celebrations on the website for others to share as well.
- Throughout the years, you may wish to come back from time to time to review a few of these paragraphs from *The Eucharistic Letter*.



### **Please note**

*Take your time exploring through these pages of The Eucharistic Letter. This is our core document. Some groups may wish to take fewer paragraphs for reflection and discussion at one meeting.*

*Please trust your own style and creativity with the enclosed materials. The Spirit is alive within the gathered group.*

*There is no one right way to be a Little Design Community. The mystical spirituality allows for many creative expressions.*

*Please return to the website and share your experiences.*