

*Personal Experience of an Incarnational Spirituality*  
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Incarnational spirituality has been a call to life in abundance (Jn 10:10). God is life in fullness and shares love and life with us gratuitously, without any precondition, without any price (Jn 15:15-17). Thus life becomes for me the greatest and the most precious gift from God (Is 43).

Like Cornelia, the mystery of the incarnation and the Spiritual Exercises of St Ignatius of Loyola played a decisive role at a crucial stage in my life, bringing me to a profound awareness of my own insertion in the paschal mystery. SHCJ mission as being that of helping “others to believe that God lives and acts in them and in our world, and to rejoice in his presence” (SHCJ Constitutions; 1983: n. 4) is a power of the resurrection and a great vocation for me.

My call of living the incarnational spirituality has become an instrument by which I can help others, especially in my present formation ministry to hear the paschal message of the Gospel and respond as individuals to their own Christian vocation to live the mystery of the incarnation.

Like Cornelia I can confidently say, “I belong all to God” (CC 21: 34-35) and this total belonging has freed me to give myself to others. My love for God has grown beyond imagination and I desire joyfully to live my life as one continuous act of love. The motto of the Society, a legacy of Cornelia Connelly, “Actions not Words”, articulates the commitment to action which SHCJ mission requires (Okure; 2005:15), thus incarnational spirituality.

