



## **An Exciting Initiative for Women Religious in Ireland**

***Thresholds of Transformation*** is a new innovative personal and communal transformative process, undertaken by religious congregations in four continents with a very positive response. Its rich content is grounded in Laudato Si, the wisdom of the Universe Story and the Cosmic Christ, as well as the Team Leaders, Donna Fyffe, Monica Brown and Hilary Musgrave's experience from thirty years of working with Women Religious.

***Thresholds of Transformation*** (TT) consists of 10 Gatherings over a twelve-month period, consisting of online video presentations supported by inspirational reflections, beautiful imagery, graphics, and music. Time for personal reflection and small group dialogue and sharing is built into the design.

There are optional Bridging Resources that contain additional videos, journals, music, scripture, and readings that augment the content of each specific Gathering.

To date this process has been undertaken by sisters within their own congregation.

On behalf of the ***Thresholds of Transformation*** Team, we are delighted to be facilitating an Inter-congregational Pilot Study of TT, in our Suaimhneas Day Retreat Centre in Emo County Laois. This exciting initiative is being undertaken by 13 sisters in person, with one sister on Zoom, from four different congregations across Ireland and the UK.

These are a few of the comments from different sisters during the first 4 Gatherings.

### ***Thresholds of Transformation...***

- *Is helping me to make sense of what I have been reading / discovering for years.*
- *For the first time I feel a deep sense of resonance, am beginning to understand that the universe story does make sense in our Christian story.*
- *It's challenging me to be more whole heart in my daily living ... not to get stuck in "death in life".*
- *The input is challenging and inspirational. The process is bringing me back to a more reflective and conscious way of living.*
- *I am growing in awareness of the universe story ... of the Cosmic Christ.*
- *Sharing this process with people from four different congregations, is helpful and life giving and so enriching.*
- *There are no preconceived ideas about what each sister might say or what their experience is.*
- *There is a freedom to express myself with acceptance.*
- *All of us are on the same journey. A feeling of freedom to share with openness and trust. It brings more diversity which is great... enriched by the interactions in the group.*

Religious Women in many parts of the world are participating in ***Thresholds of Transformation (TT)***, particularly in North America and Australia, as well a few Congregations here in Ireland. LCWR is about to begin the facilitation of TT with over a hundred of its members, while many Congregations are signing up independently with Emmaus Productions to participate in TT.

**For more information please visit the *Thresholds of Transformation* website at <https://thresholdsoftransformation.org> or email the TT Core Team at [admintt@emmausproductions.com](mailto:admintt@emmausproductions.com)**

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