

## Day 1: Beginning the Journey Together

33 delegates, 5 invitees, 2 animators (ESDAC), two translators and a technical secretary arrived in Valpré, Lyon to journey together as we began an adventure of the 28th General Chapter of the Sisters of Saint Joseph of Lyon.

By starting with a welcoming ceremony, Sr. Catherine Barange, the Superior General called each sister by name to begin the prayer and then we listened to Sr. Catherine's message inviting us to enter the Chapter with confidence to discover the Spirit of God in every impulse towards life and love even amid fractures and she closed her message by saying to us:

"...We are called to be 'artisans' of communion, to announce the joy of the Gospel and ready to live the mystique of the encounter... So, together, let us place ourselves under the movement of the Spirit in the company of St. Joseph, Father John Peter Medaille and Mother St. John.

Then, we continued our day with the two Animators who belong to the ESDAC movement (Spiritual Exercises for Discernment in Common). They explained to us the style of accompaniment that they will use in the Chapter to help us enter a communal experience of discernment, simple and rigorous accompanied by the Holy Spirit, the main actor of this journey and based on three essential times:

- ✚ Personal prayer,
- ✚ Reflection and sharing in small groups,
- ✚ General assembly

And with a dynamic that will be expressed in three forms:

- ✚ Contemplate
- ✚ Discern
- ✚ Act

Then we were divided into 5 language groups to exchange and share our personal experience in the period of preparation for the Chapter. After a delicious dinner, we ended our day with a joyful time of conviviality to create and strengthen the bonds among the members of the group.