

Spiritual Reflection – December 2014

Mother Frances Streitel, a Contemplative and Active Woman

During her life, Mother Frances lived a deep relationship with God through contemplation. It was in the contemplation that she found the strength to serve others. In her unceasing search of God's will, her vocation and service were nourished by the Sacraments of the Eucharist and Reconciliation and her love of poverty.

She never dealt superficially with situations which needed her immediate response. Only through her personal encounter with God through prayer did she face the challenges of everyday life. Everything for Mother Frances started with prayer and everything led to prayer.

Our foundress was nourished by a special environment made of silence, solitude, sacrifice and giving.

Today we live in a world where people are urged to desire big things, success, power, money. Many people devote most of their time to accumulate these objects; the more we have the better it is. This thirst often leads human beings to forget their essence: **“We are made for God.”** Everything comes first, there is no time for the Creator. There is no time or space to cultivate silence, prayer, much less to give oneself to our neighbor. The **self-sufficient** man/woman does not seek the guidance of his/her Creator.

We must learn the secret of staying at the feet of Jesus from Mother Frances, to make it the nourishment of our life. Only a life nourished by the power of prayer can face the storms of our modern world.

May we learn from the example of our foundress, our teacher of life.

Mother Frances teaches today's world, which has been **enslaved** by many things, that we must **stop and contemplate** the Beauty of the One who gave us life. She teaches us that it is necessary to **watch out and pray** in order to better **serve**.

Sr. Helena Maria Alves de Jesus, SSM