

## Invitation to quiet time:

*There is the invitation for me now to take some  
quiet time alone.*

*I may like to go outside to ponder this holy ground  
on which we stand and to which we say goodbye.  
Or I may like to stay inside, in the chapel or  
another part of the house.*

*I think of experiences I have had...  
Graces I've been given in this place....  
I think of Sisters I've lived with....  
Other people who've been significant for me here...  
Things I've treasured...*

I take a moment to savour and say thank you...  
I speak my goodbye

To persons,  
Places,  
Things,  
Events,  
Experiences.

I ask God's Spirit to gently open my heart  
to let go, move on  
To turn to face the future with trust  
and to welcome all that it may bring me.