



Central Secretariat for Formation- OCSO -
Monasterio Nuestra Señora de los Ángeles, September 2020.

Newsletter 26:

*To the Superiors and the Regional Secretaries of the OCSO
and to the brothers and sisters interested in formation.*

RE :

Cistercian Patrimony Course

Due to the situation created by COVID-19, this year's course is being taught *online*, under the title *The Chair of Helfta*. All sessions are recorded and made available to superiors. The teacher is Father Miguel María, from San Isidro de Dueñas, whom we thank for his dedication and good pedagogy in teaching this course. On June 25 and 26 he presented Mechtild of Magdebourg; it will continue with Mechtild of Hackeborn on November 16 and 17; then with Gertrud of Helfta on January 11 and 12, 2021.

To access all the files of the course on Mechtild of Magdebourg:

<https://drive.google.com/drive/folders/1dEpvVqPL3g63MoJbRotBsjOzJd5Gjskl?usp=sharing>



In addition to the videos and *Powerpoints* that were used during the conferences, you will find three more *Powerpoint* files:

a) The Beguine Movement;

- b) Women and religious life in the 12th and 13th centuries;
- c) *Omnia in bonum* (done in the context of the pandemic / with texts by Julian of Norwich).

The experience of online training is being very positive as it allows the participation of entire communities in ongoing formation, which significantly increases attendance at these courses. The recordings were also shared with some REMILA communities that expressed interest in this training. The new formation possibilities fit very well with the proposals of *Cor Orans*, which places great emphasis on the importance of ongoing formation in communities.

Novice directors course

Theme: *Communicate to have quality relationships*

Trainers: Francesc Bonada and Dani Muxi

It is being done *online* through the Zoom platform. The first part of the course was given between July 1 and 4, which has been highly valued for the theme, for the quality of the formators and for the fraternal atmosphere experienced by all. On September 2, we began the six monthly accompaniment sessions. 19 novice directors are participating in the course.



Within the general theme, we are working on several themes:

- ✓ The basic concepts of Nonviolent Communication.
- ✓ Communication patterns that take us away from the communication that generates connection.
- ✓ How to connect: recognizing humanity in the other.
- ✓ Awareness of intention in my communications.

- ✓ Learning to recognize and express needs.
- ✓ Becoming aware of our judgments in order to develop more compassion.
- ✓ The components of a listening that connects us.
- ✓ How to make requests; how to express appreciation.
- ✓ Spirituality and Nonviolent Communication.

REMILA :

TALKS ON BENEDICTINE CISTERCIAN SPIRITUALITY

In the month of June, a series of **talks on Benedictine Cistercian spirituality** began (via video conferences with a zoom platform) by Fr. Bernardo Olivera to the community of Santa María del Paraíso. Subsequently, two other communities have joined the initiative.

Considering the good results achieved in the implementation of this technology, the proposal has recently been opened to all the communities in the Latinamerican Region that wish to benefit from this training instance.

The meeting is weekly for one hour: after the 45-minute talk there is a time for questions and comments.

FRENCH-SPEAKING REGIONS:

The **session of the Formators of the Cistercian Family** was postponed to 2021 considering that the General Chapters OCist and OCSO were to be held in September 2020 but they had to be suspended. It is possible that the date of September 2021 will be reconsidered. It will be a question of consultation between the 3 Orders.

EXPERIENTIA PROGRAM

In August, we posted on the OCSO website, the Supplementary Volume to the Program, with the contributions that were sent to the General Editor, Fr. Michael Casey. A year and a half after the Program was sent to superiors, in Advent of 2018, we considered it appropriate to make this first publication. Knowing that each community has freedom in the development of the Program and that not all have started it at the same time, it is expected that with the new contributions that continue to reach the editor, a new Supplementary Volume will be prepared which will also be published on the site. Thanks to all who have sent their reflections and shared them.