SPIRITUAL APPOINTMENTS

The Word of God at the centre of life: *meditation of the Word* or *lectio divina* are suggested during the year in link with the liturgical times and with the charism of the Congregation.

**The Prayer of the month** – generally fixed on the 11th of each month in memory of the first foundation of the congregation on 11th April 1799 – has become a tradition; it’s a very strong link of communion between sisters and lay friends of the Congregation.

The prayer also favours the dates of the feast of Saint Jeanne-Antide, of Saint Vincent de Paul and of the Saints of the Congregation.