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About Anima Una

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ANIMA UNA

Anima Una is a Spiritan Generalate publication which continues the series Information/Documentation (I/D). It is a tool for formation, initial and ongoing. The name *Anima Una* taken from the Congregation motto clearly indicates the aim of all our formation programmes, to reach that unity to which Jesus calls his disciples.

As a tool for reflexion individually or in groups it is laid out in different chapters. At frequent intervals throughout the text a series of questions appears. The questions are designed to help an individual or a group to reflect more deeply on the text which has just been read.

Various dynamics could be used to work in groups.

- For example, a large community could together read a section of the text and then break into small groups to work on the questions. In this case the work groups could come together to the large group and share their findings. The whole exercise could be enriched by a prayerful atmosphere.
- A small community could do the reading and the group-work without dividing up.
- In an initial formation community this *Anima Una* could be used as a normal part of the spiritual formation of candidates.
- It could also be used by the Council of a circumscription or any leadership group in the Congregation.