

TEAMS OF OUR LADY – CANADA

NATIONAL GATHERING 2026

“RETURNING TO THE SOURCE”

PRESENTATION: SCHOOL OF PRAYER

SPEAKER(S): MANUELA RUFFIGNY & GLORIA BABINEAU

DATE / SESSION: SATURDAY, AUGUST 22 – 9:00-9:30 AM

ORIGINAL LANGUAGE: FRENCH

We will now take about twenty minutes for a guided prayer based on the passage about the vine and the branches in the Gospel of Saint John, chapter 15, verses 1–17. I invite you to visualise the text in your mind and to engage with it using your five senses (hearing, sight, touch, taste, smell). Look at the characters, and experience the scene alongside them. Then listen to what stirs within you: a thought? an image? a feeling? a word? a question? Speak to Jesus, to the Holy Spirit, or to God; spend a quiet moment with one or the other. Ask them what they want to tell you, what they want you to discover about their mystery. What they expect of you.

This time of prayer will be punctuated by short moments of silence between each of the prayers. These moments of silence are necessary to allow you to have a personal, heart-to-heart encounter with God. If you are unsure what to say during the moments of silence, just listen and let the Holy Spirit guide you.

To better prepare yourself for this guided prayer, take a moment to relax your body. Stretch a little, let your shoulders drop and relax your neck. Take a moment to settle comfortably into your chair with your feet flat on the floor and adopt a stable posture. Now take three slow, deep breaths.

Prepare to enter into the presence of your God.

Begin with a slow sign of the cross: In the name of the Father, and of the Son, and of the Holy Spirit.

I believe, Lord, that you are here and that you are waiting for me. You welcome me with open arms, for you love me just as I am, and I nestle against your Heart, full of tenderness.

Allow 30 seconds of silence

“O You, who dwell deep within my heart, make yourself at home there.”

“O You, who dwell deep within my heart, I long to be with you there.”

“O You, who dwell deep within my heart, I adore you there.”

Allow 30 seconds of silence

I acknowledge that you are the true vine and I am the branch. I am completely dependent on you, for ‘without you I can do NOTHING’. I acknowledge my weakness and ask you to forgive me for all the times I have tried to manage without you.

Allow 30 seconds of silence

“O Holy Spirit, establish me in Jesus, fully awake and open to his creative Spirit.”

“O Holy Spirit, establish me in Jesus, fully awake and open to his creative Love.”

Allow 30 seconds of silence

‘Lord Jesus, I want what you want’ or ‘I would very much like to want what you want.’ I am here for you; let this time be whatever you want it to be—easy, difficult, however you wish—it doesn’t matter. I believe that you are here and that you are at work within me.’ I place myself in your skilled hands as a vine-grower with complete trust, for everything you do is for my good.

Allow 30 seconds of silence

Gospel of John 15:1–17

The True Vine

¹ “I am the true vine, and my Father is the vinedresser. ² Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more. ³ You are pruned already, by means of the word that I have spoken to you.

⁴ Make your home in me, as I make mine in you. As a branch cannot bear fruit all by itself, but must remain part of the vine, neither can you unless you remain in me. ⁵ I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing. ⁶ Anyone who does not remain in me is like a branch that has been thrown away—he withers; these branches are collected and thrown on the fire, and they are burnt.

⁷ If you remain in me and my words remain in you, you may ask what you will and you shall get it. ⁸ It is to the glory of my Father that you should bear much fruit, and then you will be my disciples.

⁹ As the Father has loved me, so I have loved you. Remain in my love. ¹⁰ If you keep my commandments you will remain in my love, just as I have kept my Father's commandments and remain in his love. ¹¹ I have told you this so that my own joy may be in you and your joy be complete.

¹² This is my commandment: love one another, as I have loved you. ¹³ A man can have no greater love than to lay down his life for his friends. ¹⁴ You are my friends, if you do what I command you. ¹⁵ I shall not call you servants any more, because a servant does not know his master's business; I call you friends, because I have made known to you everything I have learnt from my Father.

¹⁶ You did not choose me, no, I chose you; and I commissioned you to go out and to bear fruit, fruit that will last; and then the Father will give you anything you ask him in my name. ¹⁷ What I command you is to love one another.

Allow 1 minute of silence

Lord Jesus, you are the true vine, and your Father is the vine-grower. Abba, Father, what needs to be cleansed, pruned or removed from me so that I may bear more fruit? What is slowing down or hindering my growth in faith?

Allow 1 minute of silence

Lord Jesus, you ask us not only to be united with you, but to be in you, to draw our life from you, just as the branch draws nourishing sap from the vine. Holy Spirit, you who are the nourishing sap of my spiritual life, show me what I must do to nourish my life of prayer and my relationship with God!

Allow 1 minute of silence

Lord Jesus, forgive me for often relying on my own strength and, in my pride, believing that I alone am responsible for my successes. Lord, help me to accept that I depend on You, to lean on You, to pray to You, to call upon Your Holy Spirit and to be open to His promptings, to let myself be guided.

Allow 1 minute of silence

It is you, Lord Jesus, who chose me; it is you who loved me and invited me to bear fruit. Lord, how and where do you want me to bear fruit? To what mission are you calling me? What service can I render to your vineyard?

Allow 1 minute of silence

I am not the only branch on the vine; there are thousands of others. We are not isolated, but we are all part of the same plant, and the same sap flows through us. Being part of the vine means that I am united with Christ, but it also means that I am united with all the members of his body, with all the members of the Church. Lord Jesus, open my heart so that I may allow myself to be loved and then love others as You love me.

Allow 30 seconds of silence

Thank you, Lord, for what you have placed in my heart. Thank you for this time we have spent together.

Allow 30 seconds of silence

After this time of prayer, what is the fruit that I have discovered and that I wish to pick to close to my heart?

Allow 30 seconds of silence

Bless, Lord, all those who are dear to me, and in particular the members of the Teams of Our Lady and their families. You, the true vine, grant them this nourishing sap. May it become a source of joy within me and within them, and may our joy be complete.

Allow 30 seconds of silence

Thank you for holding our suffering world in your hands. Grant us the grace of hope, confident that 'all things work together for good for those who love God, who are called according to his purpose.' Romans 8:28

Allow 30 seconds of silence

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done
on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the power, and the glory,
forever and ever.

Amen.

We conclude our prayer with a slow sign of the cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen!