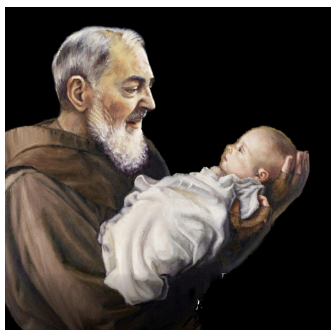




TASTE Reflection Questions
5 March 2026

A Lenten Journey into the Heart of Mary: Becoming Maternal Ambassadors of the Triune God's Divine Love (3)

Gina Witt



Pray, Hope, and Don't Worry. ~ Padre Pio

1. OPENING

- What idea or image from the talk stood out to you the most? Why did it resonate with you?
- Gina described Mary as daughter of the Father, mother of the Son, and spouse of the Holy Spirit. Which of these relationships helps you understand our Blessed Mother more deeply, and why?

2. UNDERSTANDING SPIRITUAL MOTHERHOOD

- Gina describes spiritual motherhood as nurturing others spiritually and helping bring Christ into the world. What do you think spiritual motherhood looks like for you in everyday life?
- Gina emphasized that spiritual motherhood is not limited to biological mothers. How might we live out this kind of spiritual care for others?
- Mary is described as "more a mother than a queen." What does this reveal about the kind of leadership and influence Mary has?

3. THE ROLE OF THE HOLY SPIRIT

- Gina said the Holy Spirit is described as the "best kept secret" of the Church. Why do you think many Christians struggle to develop a relationship with the Holy Spirit?
- Gina used the image of the soul as a garden cultivated by the Holy Spirit. How can we be more receptive to the Holy Spirit to cultivate our soul? In contrast, what prevents it?

4. LIVING THE MISSION

- Gina described everyday encounters as "divine appointments." Can you recall a moment when God used a simple conversation or act of kindness to touch someone's life?
- Spiritual mothers are encouraged to respond to others with the fruits of the Spirit: love, patience, kindness, gentleness, and self-control. Which of these fruits do you find easiest to practice? Which are most challenging?
- Mary often carried the thorns while giving others the roses. What might hidden thorns (sacrifices and/or sufferings) look like in your daily life?

5. CLOSING

- What is one small step you feel called to take this week to grow in spiritual motherhood or to cooperate more with the Holy Spirit?

INTRODUCTION – This reflection explores the vocation of spiritual motherhood, focusing on the Blessed Virgin Mary as spouse of the Holy Spirit and a model for women called to bring God’s love into the world. The series began by reflecting on Mary as the beloved daughter of the Father, perfectly aligned with His will and a living witness of His unconditional love. Mary reveals the true fatherhood of God—not punitive or distant, but loving and patient, always waiting for the return of His wayward children. In the second talk, the focus was on the deep bond between Mary and Jesus, a relationship marked by purity of love and perfected at the foot of the Cross. In that moment, Mary became the mother of all disciples, and believers are invited to follow Christ in the same loving and faithful way that she did. Gina revealed Mary’s relationship with the Holy Spirit and the role of women as spiritual mothers guided by God’s divine love.

INSIGHTS FROM BLESSED CONCEPCIÓN CABRERA DE ARMIDA – Gina shared some writings of Blessed Concepción Cabrera de Armida (“Conchita”), a Mexican Catholic mystic, wife, and mother of nine who founded several religious orders. Her spiritual diary offers profound insights into Mary and the work of the Holy Spirit. Conchita described living three intense lives simultaneously: 1) the life of family with its many sorrows. (That is the life of a mother), 2) the life of the works of the cross with all its sorrows and weight. (This is the religious order she founded and all of their works), and 3) the deep interior life of prayer marked by both light and struggle. Her reflections remind us that whenever God gives a mission, He also provides the grace needed to fulfill it. A key lesson from Conchita’s spirituality is the call to see God first in every circumstance. Instead of focusing on negativity, difficulties, or the presence of evil, spiritual mothers are invited to look first for the presence and action of God, trusting that He is present even in trials.

MARY AND THE MISSION OF THE HOLY SPIRIT – Jesus revealed to Conchita that from eternity, Mary was daughter of the Father, spouse of the Holy Spirit, and mother of the Son, the most perfect creature reflecting God’s beauty and holiness. Though she is honored as Queen of Heaven, Mary’s deepest identity is that of mother. Through her intimate union with the Holy Spirit, she participates fully in His mission of drawing souls closer to Christ. Despite this essential role, the Holy Spirit is often described as the “best-kept secret” of the Church, frequently overlooked or misunderstood. Yet, it was the Holy Spirit who brought about the Incarnation, who sustains and illuminates the Church, and who communicates faith, virtue, and grace to believers. Just as He nourishes the Church, He also cultivates the garden of the human soul, helping it grow in holiness, virtue, and spiritual fruit. Believers are therefore invited to develop a deeper relationship with the Holy Spirit and to cooperate with His work in their lives.

THE VOCATION OF SPIRITUAL MOTHERHOOD – Through the power of the Holy Spirit, women are called to embrace the vocation of spiritual motherhood, bringing Christ into a wounded and broken world. This requires surrendering fear, insecurity, and self-doubt, and trusting instead in the truth that we are beloved daughters and temples of the Holy Spirit. Mary provides the model for this interior disposition. At the same time, she also teaches believers to be spiritual warriors, courageously participating in the ongoing struggle between good and evil. Since the fall in the Garden of Eden, humanity has been engaged in a spiritual battle between the offspring of the devil and the offspring of Mary. Women, with their unique gifts, are called to participate in this struggle by cultivating virtues often rejected by modern culture: purity, humility, simplicity, and above all charity.

LIVING SPIRITUAL MOTHERHOOD IN DAILY LIFE – Spiritual motherhood is often lived out through everyday encounters, sometimes described as “divine appointments.” These are unexpected interactions in which God invites believers to offer compassion, encouragement, or truth to someone in need. Responding well to these moments requires intentional prayer and reliance on the Holy Spirit. Spiritual mothers are called to sow the fruits of the Spirit—love, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control—especially in challenging relationships. Scripture encourages believers to recognize that harsh or prideful speech can undermine authentic Christian witness. Instead, we must strive to imitate Mary’s humility, purity of heart, and faithfulness.

THE HIDDEN SACRIFICE OF A SPIRITUAL MOTHER – Mary’s life demonstrates that spiritual motherhood often involves hidden sacrifice. Like a loving mother who offers roses to her children while quietly bearing the thorns herself, Mary carried suffering with trust and devotion. Likewise, spiritual mothers accompany others patiently, meeting people where they are without overwhelming them with burdens they are not ready to carry. In a culture that has grown distant from faith, evangelization often occurs most effectively through personal witness and testimony. When others see peace, joy, and trust in God even in the midst of suffering, they become more open to the truth of the Gospel.

COOPERATION WITH THE GRACE OF THE HOLY SPIRIT – The mission of spiritual motherhood is not to save souls by one’s own power—Jesus alone is the Savior. Rather, we cooperate with the grace of the Holy Spirit by planting seeds that He will nurture and bring to fruition. The Holy Spirit acts within us, guiding our hearts, inspiring our words, and empowering us with spiritual gifts. By continually calling upon the Holy Spirit, we can be strengthened in moments of fear, discouragement, or spiritual fatigue.

CONCLUSION – Gina concludes by inviting us to celebrate the motherhood of the Blessed Virgin Mary and to worship her Son, Jesus Christ, who reveals the infinite love of the Father. Through the transforming power of the Holy Spirit, we are called to allow Christ to live within us so that we may become maternal ambassadors of the divine love of the Holy Trinity. Like Mary, we are entrusted with caring for souls and bringing Christ’s healing presence into a suffering world.