Columns
Horizons
Religious Life



Women create a flower mandala as a symbol of gratitude for beginning their psycho-spiritual accompaniment process. (Flight in V Formation)



Flying in V Formation

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September 4, 2025

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We live in a world increasingly tied to digital networks. We spend hours scrolling through social media and navigating the vast virtual universe. Yet too often, we forget the importance of connecting face to face. As women, we are not exempt from losing that capacity or from disconnecting from what is essential: our bond with ourselves, with those around us and with those who love us.

In daily life, we cannot escape the suggestions of algorithms that dictate what to watch, who to follow and where to focus our attention. We consume information at such speed that it becomes impossible to process it all. Inside, questions rise up — the desire to find spaces where we can be ourselves, build real relationships, connect with our essence and form deeper ties.

Living in contexts marked by violence and excessive control fuels fear, mistrust and silence. We thus forge an inner armor that, over time, bends the body and spirit of many women, reshaping the way we think, decide and simply exist.

Believing in the potential of women is key to the mission of accompanying. Together we generate energy in defense of human rights, reclaim struggles and create spaces that help us heal — weaving networks that nurture collective leadership, integral growth and empowerment wherever we are present.

There are spaces that connect us to life's purpose, even in the midst of injustice and dispossession. Our fearless spirit pushes us to keep searching.

In Nicaragua, the reality we face suffocates us and drains our strength. Still, we cling to hope alongside the Association of the Mothers of April, or AMA, who cry out for justice for their children taken by the dictatorship. We raise our voices in the midst of pain. In exile, we keep those experiences alive and demand that crimes against humanity not go unpunished. Each day we clothe ourselves in courage to continue weaving, with the memory of our children, a legacy of justice, freedom and democracy. We will not bow before dictatorship: we remain tayacana women in our own land — brave, daring and fearless, women of solidarity.

The search for missing loved ones also drives women in Mexico. They confront criminal structures and expose the cracks of a judicial system incapable of responding. They weave an active network of hope, standing together in suffering and demanding justice in the face of the cruelty of forced disappearances. Wisdom and hope intertwine with pain, forged in nostalgia and broken dreams, yet also in fertile depths that allow them to glimpse life again — a light in the midst of so much darkness.



Hands of women from different generations symbolize their commitment to weave sisterhood together amid the violence in their neighborhood. (Flight in V Formation)

Naming the struggles and events that have shaped our lives gives them visibility and strength. Step by step, we create ties that unite us through empathy and the common good. In walking together, we reclaim power by recognizing our inner strength and embarking on processes of personal and collective healing. For weaving networks is not just a metaphor: it is resistance, recognition and healing in

the face of what has wounded us.

Committing to collective spaces of healing is a transformative force. It places us not as victims but as creators, artisans and agents of change. In this way, we reclaim essential aspects of the Gospel. Returning voice and agency to each woman is a path toward forgiveness, reconciliation and a new narrative. Every experience, however harsh, leaves a lesson and shapes the women we are.

Reading our stories with new eyes places us before traditions that oppress and prevent us from weaving with different threads like self-care and collective care. These are profoundly subversive practices in systems that neglect, silence or punish us.

In the mission of accompaniment, we create communities of life and safe networks where we can name our experiences, listen without judgment and feel interconnected. The digital world is important, but it cannot replace closeness, a gaze, an embrace and the human warmth of meeting in person.

Hearing women say, after each gathering, how freeing and healing it is to be together again is a gift. It is also a call to keep creating spaces that strengthen sisterhood in the midst of so much division and individualism.

We are called to keep weaving digital networks that unmask indifference, gender violence and the digital divide that still separates so many. But we are also invited to rescue the wisdom of community looms, warmed by the legacy of our grandmothers: another way of weaving collective relationships.

Weaving the fabric of our story

We are a skein of lived experiences,
a web of relationships
growing in the warmth of encounter.

We are a loom of emotions,
interwoven with memory,
stitching the future.

And suddenly, what was once
an endless skein of yarn
becomes a work of art,
woven with dreams and hope.

With closeness and listening,
we touch the inner self,
weaving with compassion
each shared moment.

We contemplate the loom
and the hands that have woven
the fabric of our heritage,
honoring our foremothers.

We honor their presence
and their loyalty to the lineage inherited,
rescued by new generations
who seek silver threads
connecting memories
that must not be erased.

Blessed living memories that sustain the loom,
inviting us to heal tenderly,
even when pressed by melancholy:
the grandmother’s stories
who freed herself in rebellion.

If in that weaving
there were stitches so harsh
they broke the needle
of an inheritance of violence,
through forgiveness, born of justice,
the story is rewoven
with healing.

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Today, more than ever, we are invited to create networks that sustain our struggles and become pillars of transformation. We need networks rooted in the everyday and the intimate, yet also loud in the face of injustice; networks that not only hold pain but also serve as strategy, resistance, movement, acts of reconciliation and forgiveness.

We want to keep weaving networks of women who believe in the power of their word and their body as a territory of liberation. These networks will denounce violence and proclaim good news and change for present and future possibilities. They will heal, nourish, unsettle and challenge the powers that oppress so many nations.

We sustain our struggles through song, planting, prayer, embrace and common sense. We are called to recover our cosmovision of experiencing the Divine from our distinctiveness as women, and to strengthen spirituality as an act that dignifies life and resists every form of oppression. We discover that community becomes an altar when it prioritizes life in all its forms, especially those systematically denied.

We weave, then, networks of healing, memory and justice. These networks embrace the diversity of our stories, do not fear naming what has been silenced and call us to keep creating spaces where being a woman is not a condemnation, but a sacred and free possibility.

This is a new time: the time to weave together a different story. One that does not erase the past but transforms it into memory and learning. It is time to embroider a present where we all belong, with our wounds, rebellions and hopes stretched open like threads on a new loom.