

Ignite

Welcoming, informing & inspiring new Jesuit Volunteers



As you continue to prepare for this chapter of your life to close and your new chapter as a JV to begin, you have an opportunity to go deeper in your life choices and spiritual practices.

June 2015
Issue #3

In the upcoming days we want to encourage you to venture into asking yourself some questions: What is it about the unknown that is still so frightening? What fears do you have? Are you going to be able to relinquish control? To not just be uncomfortable but to thrive in that discomfort? To extend your boundaries, talk to strangers, make mistakes, and get knocked down? Do you have the courage, humility, and faith to respond? We think you do, and that's why we picked you to be JVs. Do not avoid your fears; acknowledge them. Be gentle with them. And know that you are not alone in confronting these fears.

In this issue of Ignite! we invite you to begin to engage in spiritual practices and a routine of self-care that will hopefully help sustain you throughout the journey ahead.

ACTION IN THIS ISSUE:

- Sign up for Country Study Groups - Fri, June 5
- Continue your Send Me To Serve campaigns!
- Reminders:
 - Summer Orientation travel survey - Mon, June 8
 - Continue gathering the necessary documents for your visa. If you have questions, contact us.
 - **Early departures:** for the few of you who haven't sent in your updated resume yet, please do so ASAP!



Meet JVC Staff:

Meet [Shelby](#)



Shelby Christopher,
Program Associate

Send Me To Serve!

We're off to a great start!
Special thanks to these JVs:

Value Highlight: Spirituality



Spirituality is both the awareness of and reaction to God's presence in our life and the world. Each of us has a personal spirituality, our way of perceiving and responding to others, to the way we live, to our experience, and to the universe.

Last month, the JVs serving in Belize had their end of the year retreat facilitated by their Program Coordinator, Pat Cassidy. The JVs engaged in conversation around the connection between spirituality, nature, and natural growth. The JVs were given seeds at the beginning of the retreat, which they used as a prayer symbol, considering the stages that a seed goes through as it comes to life in the soil.

As your time serving as a JV nears, how does using a seed as a symbol of prayer relate to you? Consider what stage you are at in your own personal and spiritual development, and what stages of growth you hope to move through in the years ahead. With Orientation approaching, you might try bringing this symbol into your prayer life, or even planting and caring for a seed of your own as a reminder of the link between your spiritual growth and God's presence on Earth.

Summer Orientation

Orientation starts less than six weeks from today! Our second postal mailer (sent May 20) includes information regarding orientation, and our third postal mailer (to be sent June 3) will provide additional details. Don't hesitate to contact us with any questions around your travel arrangements.



One-with-One check ins with PCs

Your Program Coordinator will contact you soon in order to schedule an individual check in, or "one-with-one." It is an opportunity to accompany and encourage each one of you in your hopes to live your JVC commitment deeply and to be transformed.

Country Study Groups: Sign up by June 5!

During the week of June 15-19, your PC will hold a country-specific study group on Google Hangouts. It's a time to chat a bit more about your country with staff and your fellow NJVs.

Please sign up by June 5 using your country's Doodle poll below. Make sure to mark ALL of the times that work for you and your PC will contact you to confirm the date and time of the call.

Robert Callus, Tanzania, has raised \$4,460!! Incredible!

Sarah Garwood, Belize, has raised \$2,935!! Way to go!

Nicole McCoy, Micronesia, \$960!

Courtney Kern, Micronesia, \$610!

Keep up the good work everyone!

NJV Resource Page

Find the info you need

Check out the New JV Resource page [here!](#) The page has been created to compile all of the resources you will be receiving until Orientation and departure. Please bookmark this page and check back often for archived versions of emails you receive as well as other forms and important information.

- [Belize country group sign up](#)
- [Tanzania country group sign up](#)
- [Micronesia country group sign up](#)
- [Nicaragua country group sign up](#)
- [Peru country group sign up](#)
- Chile - your PC will contact you separately before June 5

In the meantime, we'd encourage you to connect with the other NJVs! It's a great time to begin conversations and sharing resources. Visit the [NJV Resource page](#) and view the 2015 Class Roster for names and emails. Also feel free to introduce yourselves on the [JV Facebook page](#)!

Next Postal Mailer - June 3

Be on the lookout for our next mailer! We'll include packing lists, self-care plan, resource guides, country specific background, and some additional resources. If did not receive the previous mailers please let us know.

Preparation for the Journey

1. Introduction to Ignatian Spirituality, the Examen, and Contemplative Prayer

Ignatian Spirituality

"The world is charged with the grandeur of God."

This line from a poem by the Jesuit Gerard Manley Hopkins captures a central theme of Ignatian spirituality: its insistence that God is at work everywhere—in work, relationships, culture, the arts, the intellectual life, creation itself. As Ignatius put it, all the things in the world are presented to us "so that we can know God more easily and make a return of love more readily." Ignatian spirituality places great emphasis on discerning God's presence in the everyday activities of ordinary life. It sees God as an active God, always at work, inviting us to an ever-deeper walk.

*This introduction is taken from www.ignatianspirituality.com

The Examen

Use this practice of Ignatian Spirituality to begin to experience the habit of taking time out of a very busy day for attention and awareness to the Spirit around us...

Click on the picture of St. Ignatius for a video introducing the Examen as a form of prayer and reviewing your day. ----->



There are many different forms and versions of the Examen. Practice using one simple version of the Examen in your own daily life this summer using the format below:

Wow: When were you aware of God's presence today?

Thanks: What were you grateful for today?

Whoops: What could you have done better today?

Gimme: What do you need from God in moving forward from today?

Let's Go: In looking ahead to tomorrow, ask that God be with you.

Contemplative Prayer

Through contemplative prayer, also referred to as imaginative prayer, you place yourself in a biblical scene by using your imagination and reflect on what God has revealed to you through your prayer.

Please click [here](#) for a resource by James Martin, SJ about easy ways to pray using this form of prayer.

2. Planning for Self Care during your year

During your JV experience, attention to your holistic self-care is critical to a healthful and in-depth JVC service experience.

In our upcoming mailer, we'll include a guide for developing a self-care plan for you to fill-out and bring to orientation. Below are common practices that are helpful in beginning to think of ways to sustain your journey:

- Your self-care practices
- How you recognize your own need for self-care
- Strategies & coping mechanisms that are life-giving for you
- Helpful ways for others (JVC staff, local support, other JVs) to approach you that open you up or enable you to feel supported
- How you might express your personal needs to your community members

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If this is no longer current, please help us by updating your information at jesuitvolunteers.org/update.

jesuitvolunteers.org