

# Ignite!



## Greetings, !

The JVC staff has been busy preparing for your arrival to Orientation! This month, your PC should be in touch to schedule a time for your country group to connect over a videoconference, as well as for a 1-1 check-in.

As you continue to prepare for one 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. In the upcoming days we want to encourage you to venture into asking yourself some questions: What fears do you have about the unknown? 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 invited you to serve with JVC. 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:

- Reminder: Please complete the [Orientation Travel Survey](#) ASAP if you have not already--it was due Mon., June 6

June 2016  
Issue #3



## Stay Connected!

Join the [Incoming JV Facebook Group](#) to introduce yourselves, receive SMTS tips, and other good stuff.

All the important info we send to you lives on the [Incoming JV Resource Page](#). There you will find electronic copies of postal mailer contents, past issues copies of Ignite!, and more!

## Agency Spotlights

- Reminder: Revisit the racial justice articles and reflection from Discernment Weekend for 1-1 check-ins w/ PC (see Ignite! #2 if you need electronic copies)
- Self-care plan - Wed., July 6
- Continue your Send Me To Serve campaigns!

## Financial Preparedness

Becoming a Jesuit Volunteer is a tremendous commitment and we encourage all incoming JVs to consider their financial and travel needs before leaving for Orientation.

If you have student loans, begin looking into options for Loan Deferment/Forebearance. You can find info here: [Loan Deferment FAQ](#)

## Self-Care Plans

We ask all JVs to create a self-care plan prior to Orientation. More details will be sent in the third postal mailer, scheduled to be mailed June 3. Be on the lookout! Please complete by July 6.

## Send Me to Serve Tips

- Personalize your SMTS page with a photo and written narrative. Not sure what to write? You can always peek at other JVs' pages for ideas!
- If you're keeping a blog, add a link to your SMTS page so your readers can contribute
- Many of you are approaching your goal! Don't forget to write thank you notes to your donors :)



## Preparation for the Journey - Spirituality

### 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



Parroquia San Pedro  
Andahuaylillas, Peru

The Jesuit parish of Andahuaylillas was founded around 1610 and is commonly referred to as "the Sistine Chapel of the Americas" due to its elaborate interior decorations and paintings. It is also the center of this small Andean town's social programs. International program JVs have served there since 2010. Currently, JVs at the parish work in the community dining hall serving meals to children and in the computer lab and library offering homework help, companionship, literacy tutoring, and more. They also help lead retreat groups of students and adults that come to visit from other countries including the U.S.



Neighborhood Service  
Organization  
Detroit, MI

NSO is a nonprofit human services agency that hosts two JVs who serve as community coordinators. For 60 years, NSO has supported

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](http://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

Detroit's most vulnerable citizens with innovative services.

Some services are location-based while others focus on outreach into the community and meeting people wherever they are. NSO's mission is to change lives through innovative services that harness the power of choice. Visit their [website](#) to learn more.

- How you might express your personal needs to your community members

This e-mail is being sent to you at [whood@jesuitvolunteers.org](mailto:whood@jesuitvolunteers.org).  
If this is no longer current, please email [recruiter@jesuitvolunteers.org](mailto:recruiter@jesuitvolunteers.org) to update.

[jesuitvolunteers.org](http://jesuitvolunteers.org)