



JESUIT VOLUNTEER CORPS

DARE TO CHANGE

2018 DAY OF REFLECTION PREPARATION RESOURCE

Spirituality Night: JVC Communal Examen

The Ignatian Examen of Consciousness is a valuable prayer experience, which is very effective when shared aloud as a group, especially in the context of community life. We invite you to share this prayer experience together, reverencing one another and the relationship you share. God is at work among us and in each of us.

Thanksgiving

Take a few minutes for quiet reflection as we recall those things during the day that we are grateful for and those we find difficult to be grateful for.

Let us silently express our thanks to the Lord for the gifts that we recognize today.

Prayer for guidance of the Spirit

The facilitator may wish to say a brief prayer asking the Holy Spirit guide the sharing and make each person open and receptive to the others.

Examination of the day

With the Spirit leading, we to get in touch with what has been happening in us and through us during this week, in our community, in our work, in our meeting, without judging, so that we will be able to share these awarenesses:

- Were we present to God and to each other?
- Did we stay within a mode of awareness and openness to God's leading?
- Where did I sense consolation in myself, in the group? What was the cause?
- Where did I sense desolation in myself, in the group? What was the cause?

Thanks, contrition, and sorrow

We mention those things for which we are grateful.

Response: "We thank you, Lord."

We mention those things for which we seek forgiveness.

Response: "Lord, have mercy."

We mention those things that we are challenged by.

Response: "Assist us Lord."

Hopeful attitude toward the future

The grace we seek from this time is to continually grow in awareness of the mystery that we are, so that we may more fully respond to God's desire for us as individuals and as a JV community.

What one takes in by
contemplation,
one pours out in love
-Meister Eckhart



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Community/Spirituality Night: Spiritual Lifelines

At Orientation, you and your community members had the chance to learn more about each other through the sharing of your lifelines (or “Tree of Life”). One aspect of your life that might not have been touched upon during the lifelines is the individual spiritual journeys that have brought you to this place in your life. For a Spirituality Night, you may want to do individual Spiritual Lifelines to learn more about each other’s spiritual journeys.

Materials Needed

- A large piece of paper for each member of the community
- Markers/crayons/pencils/pens

Prep

Let community members know ahead of time that you plan on doing this for a Spirituality Night so they can complete their Spiritual Lifelines before you meet as a community. Include the suggested elements (below)

Suggestions to include in your Spiritual Lifeline

- Spiritual upbringing (how your family influenced your faith)
- Inspirational people in your life
- Important events (i.e. loss of family member, confirmation, etc.)
- Retreats
- Things that brought you closer to God
- Things that drew you away from God
- Things that you have been involved with in the past that are faith based (i.e. University Ministry/Campus Ministry, Religious Ed., Bible Studies, Faith Sharing Groups, Parish Organizations, etc.)
- Decisions made that were faith motivated

Agenda

- Opening Prayer
- Sharing Spiritual Lifelines
- Closing Prayer



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Opening Prayer: "The Sharing" by Edwina Gateley

We told our stories—

That's all.

We sat and listened to

Each other

And heard the journeys

Of each soul.

We sat in silence

Entering each one's pain

and

Sharing each one's joy.

We heard love's longing

And the lonely reachings-

out

For love and affirmation.

We heard of dreams

Shattered

And visions fled.

Of hopes and laughter

Turned stale and dark.

We felt the pain of

Isolation and

The bitterness

Of death.

But in each brave and

Lonely story

God's gentle life

Broke through

And we heard music

In the darkness

And smelt flowers in

The void.

We felt the budding

Of creation

In the searchings of

Each soul

And discerned the beauty

Of God's hand in

Each muddy, twisted path.

And His voice sang

In each story

His life sprang from

Each death.

Our sharing became

One story

Of a simple lonely search

For life and hope and

Oeness

In a world which sobs

For love.

And we knew that in

Our sharing

God's voice with

Mighty breath

Was saying

Love each other and

Take each other's hand.

For you are one

Though many

And in each of you

I live.

So listen to my story

And share my pain

And death.

Oh, listen to my story

And rise and live

With me.

Edwina Gateley (*Psalms of a Laywoman*, Chicago: Claretian Publications, 1981)

Share Spiritual Lifelines

Consider pausing between each sharing for 60-90 seconds of silence

Closing Prayer:

Thomas Merton, (1915 - 1968) From "Thoughts in Solitude"

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope that I will never do anything apart from that desire. And I know that if I do this you will always lead me by the right road, though I may know nothing about it. Therefore, I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.