

Part 3—*Person for Others*

1. Quarter Review
2. Called to Serve
3. Discernment in Decision-Making
4. What am I passionate about?
5. Deep Desires, Deep Fears
6. What am I good at?
7. Gifts to Serve
8. What does the world need from me?
9. Year in Review (gratitude)
10. Year in Review (affirmation)

#1 Quarter Review



Scripture

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light. (Mt 11:28-30)

*Mk 6:31 "Come away by yourselves to a deserted place and rest a while."
Luke 5:1-6 "Put out into deep water and lower your nets for a catch."*

Note: this meeting is adapted from "Recollecting, Reconnecting" <http://www.youngadultclc.org/caminos/>

Introduction & Welcome (1")

Welcome members back after the break and to the new quarter. Thank them for coming.

I. Opening Prayer (5")

Grace: to identify the graces for the past few months.

Use the grace or the suggested scripture above to create your own prayer or use the prayer below.

After reading the scripture, say...., "Almighty God, we thank You for gathering us here tonight. Thank You for Your invitation to come to You for rest and learn from You for Your yoke is easy and Your burden light. We pray for the grace of being attentive to how You have loved us over the quarter and the break. Help us to identify those graces and give You glory. Amen."

Note: ask for a volunteer to lead opening and closing prayers for the next meeting.

II. Check-In (5")

- The high and low points of your break

III. Focus Exercise (40")

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.). All handouts are in the CLC journal booklets. If you do not have them, come to the CLC office.

- ✚ **Introduction:** This meeting will center around looking back at the past few months and the break in order to help the group process all that has happened and changed. It will help deepen the group's practice of finding God in all aspects of their lives and learning to be more attentive to God's movements in their everyday experiences as well as more momentous times, particularly in change.

+ **Exercise 1: Quarter Review**

Invite members to pray with Quarter Review, which can be found on pagein their journal booklets. (Allow 5-7 minutes for them to pray)

Sharing: invite members to share. Using the Examen questions given as a guide for group sharing and conversation.

+ **Exercise 2: Meeting topics**

- Preview the meeting topics for the rest of the quarter (see table of contents). Check in and discuss them.
- Quarter focus: Vocation Discernment.
 - (1) Key concepts of Vocation Discernment
 - (2) Discernment Process and Method
 - (3) Three vocational questions

+ **Listening Deeper**

Suggested Questions to deepen awareness of inner movements and further conversation

- What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
- How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
- Is there anything you would like to share after listening to another person share?

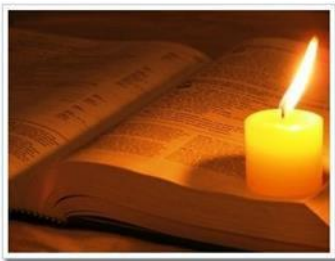
IV. Moving Forward (5")

+ **Wrap Up:** Discuss group service project this quarter.

+ **Action:**

- pray with the question, "What do I want to get out of CLC this quarter?"
- ask God, "What do you want me to get out of CLC this quarter?"

+ **Announcements:** topic for next meeting and upcoming CLC events



V. Closing Prayer (5"):

Pray for each other or use the CLC Closing Prayer

Quarter Review

~A Free-Writing Awareness Examen~

I ask God for the light of the Holy Spirit—for the grace to see with God’s “eyes” and feel with God’s “heart”... I ask God to more deeply reveal the following to me in my writing, without judgment or conscious control...I pause and sit with the questions that particularly draw me, letting what touches me sink-in more deeply and unfold...

...the gifts that God has given me in the past weeks or months for which I am most grateful...

...what has given me life or energy...

...the ways that I have responded to God out of love...

... this is what has drained me or challenged me...

...the ways that I have not responded to God out of love as fully as I could have...

...the reasons I may need to ask for forgiveness...

...how or what God may be inviting me to in the days, weeks, or coming months

#2 Called to Serve



Scripture

Just then a lawyer stood up to test Jesus. ‘Teacher,’ he said, ‘what must I do to inherit eternal life?’ He said to him, ‘What is written in the law? What do you read there?’ He answered, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.’ And he said to him, ‘You have given the right answer; do this, and you will live.’ (Lk 10:25-28)

Mk 10:17-31 “Good Teacher, what must I do to inherit eternal life?”
Micah 6:8 “...To act justly, love tenderly, walk humbly with God...”

Introduction & Welcome (1”)

I. Opening Prayer (5”)

Grace: for openness in discerning my personal vocation.

Use the grace or the suggested scriptural passage above to create your own prayer or use the one below:

Loving God, tonight we are going to continue exploring the question of vocation. Help us to get in touch with our deepest desires and dare to ask you as the lawyer did, “Good teacher, what is my personal vocation in life?” Help us to be attentive to you and one another. Be here with us and guide our conversation. Amen.

II. Check-In (5”)

- The high and low points of your week

III. Focus Exercise (40”)

Materials Needed: **laptop**, CLC supply box (CLC journal booklets, papers, pens, etc.).

Introduction: Connect with last week’s meeting. This whole quarter is dedicated to Vocation Discernment. The first two meetings are laying down some of the key concepts and method of Vocation Discernment. Tonight, we will focus on the key concepts of vocation. Next week, we will focus on the Discernment Process and Method.

(Note: If you have many returning members or group leaders, they might have heard about some of these key concepts and method. Acknowledge and invite them to go deeper. It’s very challenging to discern our vocations if we don’t have clear key concepts and right understanding of vocation discernment.)

✚ Exercise 1: What is Vocation?

Explain to members what you are about to do..... When I say the word, write down what first comes to your mind in your journal booklet. It could be a thought, a feeling, an image, or a question. Are you ready?.....**Vocation** (give members about 3 minutes)

Discuss: what they put down.

✚ Exercise 2: My Personal Vocation

Invite members to take turns reading the article, “My Personal Vocation” below out loud or have a slideshow presentation of the article. (Note: The slideshow presentation can be found on the CLC website under Leadership Resources). We recommend that you discuss the article a paragraph at a time.

My Personal Vocation: *Living out God’s Dream*

When we hear the word “vocation,” most of us think of career and some think of priesthood or religious life. We often ask ourselves or are being asked by others, “What is your major?” “What is your career path?” Decisions, decisions, decisions!!! This word often brings a lot of stress and anxieties because we have so many choices. We often do not know what we want or we are afraid to make the wrong choices. As people of faith, we sometimes turn to God and want to know God’s will. We often feel stuck because we either do not want to know God’s will or do not know what God’s will is for us. This article attempts to wrestle with these vocation questions using the richness found in our Christian faith tradition.

Discuss: *What speaks to you about this above paragraph? How do you feel when you are faced with choices, like careers or majors? Stressed? Excited? Fearful of making the wrong choices?*

What is vocation?

The word “vocation” comes from the Latin *vocare*, to call. Vocation is a calling or invitation from God **to share life and work with God**. This is God’s will/dream/plan. This is our purpose in life. There are other expressions that try to articulate God’s will/dream/plan:

- To be union with God: live with God, live fully (Jn 10:10)
- To be Jesus’ disciples: share life and mission with Jesus (Mt, Mk, Lk)
- To love God, neighbor, and yourself (Lk 10:25-28)
- To know, love, and serve the Lord and one another (Catholic Catechism)
- To praise, reverence, and serve the Lord our God (St. Ignatius)
- To be a person with and for others (Jesuits)
- To discover and live out God’s dream for me personally (CLC)

Discuss: *Which one speaks to you the most? Why? If none, how would you articulate God’s will or Your purpose in life?*

Note: if helpful, refer back to your first Principle and Foundation in the previous meeting.

Three Senses of Vocation

It is helpful to think of three aspects or senses of vocation: identity, lifestyle, and mission.

The first is the **common** Christian vocation, in which all members of the Church share by reason of their Baptism and Confirmation: It is the vocation to love and serve the Lord and proclaim His good news to others.

The second level of vocation is a **state of life**, whether single, married, the priesthood, or to be a religious in the world. Each of these involves important, distinct specifications of the common vocation.

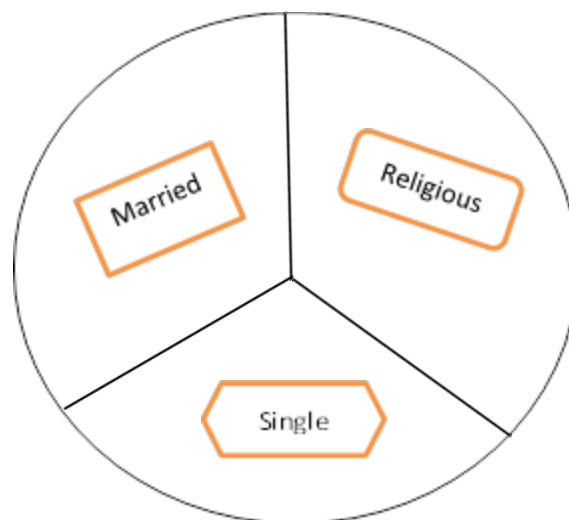
The third level of vocation is a **unique personal** call from God to share love and serve the Lord and one another according to our state of life (single or married) and our unique gifts and passions. Yes, God calls each of us by name personally. And only you or me can fulfill that calling in this entire universe. Without you or me responding to or participating in God's invitation, God's dream can't be fulfilled.

(adapted from Cardinal Joseph Bernadin, Chicago Catholic, Jan 7, 1983)

Discuss: *the three senses of vocation. Helpful? Agree? Any thoughts or feelings?*

Listening Deeper

- Do you believe you have a vocation? If so, how would you describe your vocation at this time in your life?
- Is it helpful for you to think of your life in terms of vocation? If yes, in what ways?
- Which state of life are you being called to? Are you open to other state of life?



IV. Moving Forward (5”)

✚ **Wrap Up:** thank members for their openness and participation.

✚ **Action:**

- pray with Awareness Examen: pay attention to consolation & desolation
- share with your prayer partner

✚ **Announcements:** topic for next meeting and upcoming CLC events

V. Closing Prayer (5”):

Pray for each other. End with the prayer below from Challenge (Mark Link)

*Father, you created me
And put me on earth for a purpose.
Jesus, you died for me
And called me to complete your work. Holy
Spirit, you help me to carry out the work For
which I was created and called.
In your presence and name—
Father, Son, and Holy Spirit—
we end this meeting.*

*May all our thoughts and inspirations
have their origin in you
and be directed to your glory.
Amen.*



“Vocation is found where our deep gladness and the world’s deep hunger meet.”

(Frederick Buechner)

#3 Discerning in Decision-Making



Scripture

“Surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future filled with hope. Then when you call upon me and come to pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart.” Jer 29:11-13

Psalm 32:8 I will instruct you and teach you the way you should go; I will counsel you with my eye upon you.

Micah 6:8 “...To act justly, love tenderly, walk humbly with God...”

Introduction & Welcome (1”)

I. Opening Prayer (5”)

Grace: to cultivate a discerning heart in discovering and living out God’s dream for me. Use the grace or a suggested scripture above to create your own prayer, or use the one below. After reading the scripture above, say....

Loving God, life is hard and we face with many choices. We want to do your will, but we are struggling to find out or don’t want to know your will. Help us to be open to your invitation and give us a grace of a discerning heart to discover and live out your dream for us. May our hearts beat with yours. May your heart become our inner GPS to guide us in our daily choices. And may all of our choices have only one goal in mind: AMDG (for your greater glory). Amen.

Note: ask for a volunteer to lead opening and closing prayers for the next meeting.

II. Check-In (5”)

- The high and low points of your week

III. Focus Exercise (40”)

Materials Needed: **laptop**, CLC supply box (CLC journal booklets, papers, pens, etc.).

✚ **Introduction:** Briefly review the key concept of vocation. It’s *a calling from God to use my gifts and passions to serve the world’s needs, especially the least in the society.* Then, introduce tonight’s topic.

(Note: If you have many returning members or group leaders, they might have heard about some of these key concepts and method. Acknowledge and invite them to go deeper and repeat the exercise until there is no more fruit from it as Ignatius recommends.)

✚ Exercise 1: Where am I headed?

Invite members to pray with the question below on pagein their journal booklets.

- (1) Where am I headed?
- (2) Do I like the path I'm on?"

Sharing: what they wrote

✚ Exercise 2: Discerning Hearts

Invite members to take turns reading the article, "Discerning Hearts" below out loud or have a slideshow presentation of the article. (Note: The slideshow presentation can be found on the CLC website under Leadership Resources). We recommend that you discuss the article a paragraph at a time. See suggested questions after each major thought.

Discerning Heart: *Choosing from My Being*

What is discernment?

Discernment comes from the Latin word *discernere*, which means to separate, distinguish, determine, or sort out. Discernment is "sifting through" our inner and outer experiences to determine their origin. In the context of faith, discernment means a process of sifting through our inner and outer experiences or movements to determine their origin (from God or not) and making choices for the greater glory of God (A.M.D.G.).

There are two aspects or levels of discernment. First, it is about orientating ourselves toward God. Second, it is about making a particular choice A or choice B, as in choosing to major in Math or English, etc.

Question to discuss: *Have you ever "sifted through" the choices to determine a better choice? For example, choosing Math or English major? How did you know that it's a better choice and come to the decision? Describe.*

First level: My Orientation

The first level is about **orientating ourselves** toward God. We strive to cultivate a way of being that is in touch with and attune to God. It's an orientation that reveals a fundamental desire to connect and respond to God's invitation. It's saying to God, "God, I want to love you and share my life with you." One analogy might be helpful here. When we buy or open a new phone line, we have many options: different phone type and plan. Within the phone plan, we also have many options: limited or unlimited call, text, data. The key questions: Do I want to have a limited or unlimited call, text, data from God? Do I want to connect and receive full signal (God's life)?

We cultivate our orientation or discerning hearts by:

- **Be open:** interior freedom (desire to be with God and do God's will)
- **Be attentive:** spiritual movements (consolation & desolation)
- **Be reflective:** *sentir* (heart-felt experiences of God)

Discuss: *In what concrete ways are you cultivating your discerning heart or orientation toward God?*

Second level: Making Decision

Adapted from <http://cabrinimissioncorps.org/wp-content/uploads/2010/11/discernment.pdf>

The second level of discernment is about making a particular choice A or choice B, as in choosing to major in Math or English, married or religious life, etc. There are 5 suggested steps in making a decision.

1. **Prayer:** pray for the grace of interior freedom—an openness to God’s will, asking God for the inner freedom and detachment from our own personal agenda to notice the better choice leading toward the fulfillment of our purpose in life.
2. **Tools:**
 - Reasoning: collect information of the choices and make a list of Pros and Cons of each choice.
 - Your imagination: “live” with one of the decisions to see how we feel.
 - Journaling: keep track of your life experiences and spiritual movements, “What consistently gets you up in the morning?”
 - Ignatian Examen: pay attention to God’s operation and your responses to daily choices.
 - CLC group: allow others to discern with you and give you feedback about your unique gifts and passions.
3. **Notice:** the inner movements of your feelings, thoughts, and desires. There are two spiritual movements: consolation and desolation.
 - Consolation: a movement toward God. It brings us to a greater spiritual freedom and helps us to get in touch with our deeper yearning for God and what God desires for us.
 - Desolation: a movement away from God. It brings us to a greater enslavement to disordered attachments and self-centered.
4. **The Decision:** keep in mind your purpose in life, which is to use my gifts and passions to serve the world’s needs. Ask yourself, “Which choice helps me grow closer to God?” For Ignatius, closer to God means increasing your faith, love, and hope.
 - Faith: take risks, have courage in the midst of uncertainty. Trust in God and yourself.
 - Love: expresses in choices we make. Ask yourself, “Which choice helps me love God, others, and myself more?”
 - Hope: for the greater glory of God (A.M.D.G.)
5. **Confirmation:** ask God for confirmation of the decision—see whether your thoughts, desires and feelings continue to support it. Don’t forget to give God thanks!



Discuss:

- (1) Are you facing any decisions at the moment?
- (2) How do you usually going about making a decision?

Three Focus Areas in Discernment: desires, gifts, and needs. These areas can be translated into three vocational questions as follows.

- What am I passionate about? (desires)
- What am I good at? (gifts)
- What does the world need from me? (needs)

(Note: we will explore and discuss these three questions next meetings)

Listening Deeper

- What do you take away from the meeting tonight?

IV. Moving Forward (5”)

Action:

- pray with Awareness Examen: pay attention to consolation & desolation
- share with your prayer partner

Announcements: topic for next meeting and upcoming CLC events

V. Closing Prayer (5”):

Pray for each other. End with Thomas Merton’s Prayer.

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 that I am actually doing so.
But I believe that the desire to please you does in fact please you
and I hope that I have that desire in all that I am doing.*



*And I know that if I do this,
you will lead me by the right road
although I may know nothing about it.
Therefore will I 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.
Amen.*

#4 What am I passionate about?



Scripture

They came to Jericho and as he was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. On hearing that it was Jesus of Nazareth, he began to cry out and say, “Jesus, son of David, have pity on me.” And many rebuked him, telling him to be silent. But he kept calling out all the more, “Son of David, have pity on me.” Jesus stopped and said, “Call him.” So they called the blind man, saying to him, “Take courage; get up, he is calling you.” He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, “What do you **want** me to do for you?” The blind man replied to him, “Master, I **want** to see.” (Mk 10:46-52)

Jn 1:38 When Jesus turned and saw two disciples following, he said to them, “What are you looking for?”

Introduction & Welcome (1”)

- The purpose of this meeting is to discuss our passions and ways to discover our passions

I. Opening Prayer (5”)

Grace: to guide us in discovering and living out our passions for others

Suggested song: [Power of the Dream](#) by Celine Dion (or [Dreams I Dream for you](#) by Avalon)

Use the grace and the suggested scripture above to create your own prayer, or use CLC Opening and Closing prayer, which can be found in Appendixes section.

Note: ask for a volunteer to lead opening and closing prayers for the next meeting.

II. Check-In (5”)

- What were some of your high and low points of the week?

III. Focus Exercise (40”)

Materials Needed: **laptop**, CLC supply box (CLC journal booklets, papers, pens, etc.)

- ✚ **Introduction:** connect members’ check-in with tonight’s topic, particularly with their high points of the week. How might their high points of the week connect with their unfolding passions? There are two exercises tonight: (1) discuss our passions, (2) how to discover our passions.

✚ Exercise 1: Unfolding Passions

Invite members to pray with, “Unfolding Passions” on pagein their journal booklets. Encourage them not to think too hard. Just allow the spirit of God guide their pens and write down whatever the spirit wants them to write, even just a few words, phrases, or images. (Note: the handout, “Unfolding Passions” can also be found towards the end of this meeting.)

Sharing: invite them to share. (Note: this sharing should be **brief** and will provide background for the exercise below)

✚ Exercise 2: How to Discover Your Passion?

Video 1: Invite members to watch, “**Finding your passion**” (by Maria Shriver)
<http://www.oprah.com/oprahshow/Maria-Shriver-on-Finding-Your-Passion-After-the-Show-Video>

Suggested Questions to discuss

1. What strikes you about Maria’s talk? Any new insights or questions arise within you?
2. How did Maria discover her passion?
3. What do you think about her discovery, “I take things one day at a time. I don’t have a two-year goal. I don’t have a five-year goal. I have **a goal for today**”?
4. Maria makes 10 pledges for her life. As Oprah comments on Maria’s pledge
#4 “I pledge to use my voice to connect my dreams to my actions,”
#5 “I pledge to use my voice to empower myself and others.”
What do you think about Maria’s pledge?

Video 2: Invite members to watch, “**How Do You Find Your Passion and How Do You Pursue It?**” (by Randy Komisar from Kleiner Perkins Caufield & Byers)
<http://pr-lead.com/how-do-you-find-your-passion-and-how-do-you-pursue-it-randy-komisar-from-kleiner-perkins-caufield-byers/>

Suggested questions to discuss

1. What strikes you about Randy’s talk? Any insights or questions arise within you?
2. How did Randy discover his passions?
3. What do you think about Randy’s discovery, “...rather than thinking about **the passion**, free yourself up to think about a **portfolio of passions** and the task is to marry that portfolio of passions to the opportunities in front of you?”
4. Randy mentions the two questions that drive people crazy and paralyze people:
 - (1) What is the Passion?
 - (2) What's the ultimate question? What is the ultimate thing that you're going to do with your life? What is the ultimate mark you're going to make? What is the farthest horizon that you can articulate?
 - What was Randy’s advice to overcome these two questions, especially #2?

5. If time allows, invite members to draw **their Passion GPS**. Below is an adaptation from Randy's suggestion.
- Center: what are my core values? What do I care the most?
 - North: my horizon (my windshield). Where am I going?
 - South: opportunities in front of and around me right now (my rearview mirror). What are my opportunities in facing north? How do they sync up with the passions that I have today?
 - West: sunset. What are things I need to let go of?
 - East: sunrise. Is there any invitation from God for me personally to start a new life and move forward?

✚ Listening Deeper

- What do you take away from this meeting?

IV. Moving Forward (5")

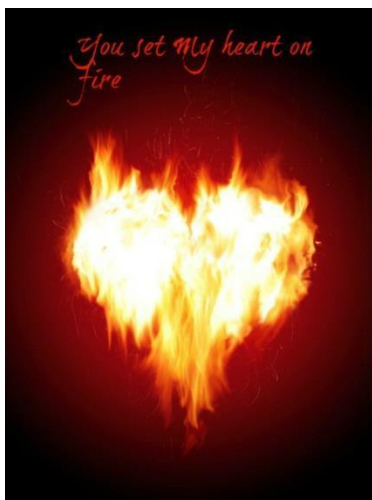
✚ Action:

- (1) Pray with Awareness Examen: pay attention to what consistently gets you up in the morning.
- (2) Share with your prayer partner

✚ Announcements: topic for next meeting and upcoming CLC events

V. Closing Prayer (5")

Pray for each other. End with **Fall in Love** (attributed to [Fr. Pedro Arrupe, SJ](#))



*Nothing is more practical
than finding God,
than falling in love in a quite absolute final way.
What you are in love with,
what seizes your imagination,
will affect everything.
It will decide what will get you out of bed in the morning,
what you do with your evenings,
how you spend your weekend,
what you read, who you know,
what breaks your heart,
and what amazes you with joy and gratitude.
Fall in love,
stay in love,
and it will decide everything.*

Unfolding Passions

~A Free-Writing ~

I ask God for the light of the Holy Spirit—for the grace to see with God’s “eyes” and feel with God’s “heart”... I ask God to more deeply reveal the following to me in my writing, without judgment or conscious control...I pause and sit with the questions that particularly draw me, letting what touches me sink-in more deeply and unfold...

...the things I love to do when I was young.....

.....the things I love to do now.....

.....the things I always dream to do, but haven’t done
because of whatever reason (money, fears, forbidden, fatigue, etc.)....

....the things that consistently give me joy, energy and
get me up in the morning

#5 Deep Desires, Deep Fears



Scripture

...Peter answered him, "Lord, if it is you, command me to come to you on the water." Jesus said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?".... (Mt 14:22-33)

Lk 5:10Then Jesus said to Peter, "Do not be afraid; from now on you will be catching people."

Note: this meeting is adapted from <http://www.youngadultclc.org/caminos/>

I. Opening Prayer (5")

Grace: to help us discover our deepest desires and fears.

Use the grace and the suggested scripture above to create your own prayer, or use the one below.

Loving God, help us to see our desires as pathways to you. Help us to embrace and befriend them as holy and sacred. When we hold them up to the light, they remain in truth and they are intertwined in our very being and give us energy. Help us to also recognize and befriend our fears so that they no longer have power over us. Help us to be gentle with ourselves in these moments and be drawn into greater trust of your promise. May we rest in knowing that you will fulfill our desires beyond our wildest imagination if we only make ourselves available to your working. Amen.

II. Check-In (5")

- Was there a time this week when you felt either afraid of something or strongly drawn to something?

III. Focus Exercise (40")

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.)

Introduction: "Both what you run away from - and yearn for - is within you." These words by Anthony De Mello S.J. reveal that deep **desires** and deep **fears** that are intimately interwoven in the depths of the human heart.

There are two currents within us: First our deep desires, implanted in us by God, draw us toward fulfillment of our personal vocations and deeper relationship with God. "I desire to help those in need," "I desire to use my gifts to their fullest," "I desire to be connected to other people in meaningful ways." etc.

Deep fears, however, draw us away from God and our truest selves. Our fears can sound like painful experiences of self-doubt. “Maybe I’m not meant for this,” “maybe I don’t have what it takes,” “maybe I am not worthy enough to have it,” “what is wrong with me?”

Tonight, we are going to explore these two different forces that are operating in our lives and how we can discern them.

✚ **Exercise 1: Our Desires, God’s Desires**

Invite the group to break into partners and read the passage “[Our Desires and God’s Desires](#)” on page in their journal booklets. Afterward, invite members to share in pairs about their reflections on the reading. (Note: the article can be also found on the next page)

✚ **Exercise 2: Story, “An Old Cherokee Tale of Two Wolves.”**

Invite the group to gather, then ask someone to read “[An Old Cherokee Tale of Two Wolves.](#)” (Note: the story can be found towards the end of this meeting)

✚ **Listening Deeper**

- What do you take away from this meeting?

IV. Moving Forward (5”)

✚ **Action:**

- (1) Pray with Awareness Examen: focus on the question, “Which wolf am I feeding today? Desires or fears?”
- (2) Share with your prayer partner:

✚ **Announcements:** topic for next meeting and upcoming CLC events

Ask members to take the **online free StrengthsFinder Test** for the meeting next week. (Have your group assistant text or facebook to remind members about it)

<http://freestrengthsfinder.workuno.com/1-free-strengthsfinder-test.html>

V. Closing Prayer (5”):

Pray for each other. End with the prayer, “Our Deepest Fear” by Marianne Williamson

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

“Our Desires and God’s Desires,”
from *A Sacred Voice is Calling* (by John Neafsey)

Vocational self-discovery is closely bound up with discovering **what we really want**. The secret of vocation, according to Michael Himes, is to “discover what it is you most truly and deeply want when you are most really and truly you.” Holy desires that orient us in the direction of our true calling originate in our true self or “best self.” “When you are at your best,” Himes asks, “what is it that you most truly desire?”

Although the scriptures remind us that “God is greater than our hearts,” there is a way in which God uses the desires of our hearts to lead us to our destiny. From a spiritual perspective, it is possible to see our own deepest and most authentic desires as God’s desires *in us* or *for us*. James Fowler puts it well: “What God wants for us and from us has something central to do with what we most deeply and truly want for ourselves.” There is a mysterious connection, it seems, between the **will of God** and **our own heart’s desires**.

In an essay on the central place of “great” or “holy” desires in the spirituality of Saint Ignatius Loyola, E. Edward Kinerk observes that some of our desires seem to orient us more reliably toward God than others. Careful consideration and evaluation of the depth, authenticity, and generosity of our desires are at the heart of discernment in the Ignatian spiritual tradition, which basically centers around the task of making subtle differentiations between different kinds of desires. The challenge lies in recognizing the difference between the superficial, inauthentic, self-centered desires of the ego and the deep, authentic, loving desires of the inmost self. The basic idea is that the latter are more likely to be in line with our true calling, with God’s purpose or will or design for our lives.

In a nutshell, if our desires are leading us in the direction of increasing superficiality, phoniness, or selfishness, we are on the wrong track. On the other hand, if our desires are inclining us in the direction of increased personal depth, authenticity, and generosity, we can be fairly sure that we are on the right track...”

Suggested questions to discuss:

- What words or phrases stand out to you from the reading? What do they elicit within you?
- What do you think about God’s will or desire manifests in our deepest desire?
- What do you fear most? How does your deep fear manifest your deep desire?
 - How do you feel when you are listening to your fears? How do you feel when you are listening to your deep desires?
 - Do the things you’ve shared have anything in common?



An Old Cherokee Tale of Two Wolves

One evening an old Cherokee Indian told his grandson about a battle that goes on inside people. He said, ‘My son, the battle is between two ‘wolves’ inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.’

The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’

The old Cherokee simply replied, ‘The one you feed.’

This is such a lovely story: so simple and yet so true. I think each and every one of us has these two wolves running around inside us. The Evil Wolf or the Good Wolf is fed daily by the choices we make with our thoughts. What you think about and dwell upon will in a sense appear in your life and influence your behavior.

We have a choice, feed the Good Wolf and it will show up in our character, habits and behavior positively. Or feed the Evil Wolf and our whole world will turn negative; like poison, this will slowly eat away at our soul.

The crucial question is “Which are you feeding today”?

(<http://wizdompath.wordpress.com/2008/03/05/an-old-cherokee-tale-of-two-wolves/>)

Suggested Questions to discuss

- How does the Cherokee tale resonate with some themes shared earlier?
- When was the last time you feed the Good Wolf (Desires)?
- When was the last time you feed the Evil Wolf (Fears)?
- Where do you sense an invitation to respond to these voices or feedings in your daily experience? How can the group help one another be accountable to one another?

(Consider encouraging the pairs that met earlier to be accountable to one another this week.)



#6 What am I good at?



Scripture

“For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. The one who had received the five talents went off at once and traded with them, and made five more talents. In the same way, the one who had the two talents made two more talents. But the one who had received the one talent went off and dug a hole in the ground and hid his master’s money.” (Mt 25:14-18)

Mt 25:40 ‘Truly I tell you, just as you did it to one of the least of theseyou did it to me.’

Introduction & Welcome (1”)

I. Opening Prayer (5”)

Grace: to help us identify our unique gifts and talents for service.

Suggested Song: [Who Says](#) by Selena Gomez

Use the grace and the suggested scripture above to create your own prayer, or use the one below.

Gracious God, you have blessed each of us with unique gifts and talents and have called each of us by name into specific occupations, relationship, and activities using those gifts and talents. We pray for the grace of discovering our gifts and talents. Help us to use our gifts and talents wisely to further your reign of peace and justice. Help us to use our hands to touch the wounded, our feet to go to the frontiers, our eyes to see the beauty and goodness in others, our ears to hear the cry of the poor, our mouth to speak for the voiceless, and our hearts to be compassionate. May all we do is for your greater glory. Amen.

II. Check-In (5”)

- What were some of your high and low points of the week?

III. Focus Exercise (40”)

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.)

- ✚ **Introduction:** tonight we’re going to continue discussing about our gifts and talents and how we use them for service.

✚ Exercise: StrengthsFinder

Be sure to ask each community member take the [online free StrengthsFinder Test](#) before the meeting.

Suggested questions to discuss

1. What are some of your unique gifts and talents according to the StrengthsFinder Test?
2. Was there anything that surprised you when you took the StrengthsFinder Test?
3. How do you use your gifts and talents in service to others, especially the poor and the marginalized lately?
(note: you might repeat questions #4,5 below if helpful)
4. Do you have any other gifts and talents that other people have told you?
5. If time allows, after each person shared, invite other members affirm or give him or her feedback about what gifts they see in him or her.

✚ Listening Deeper

Suggested Questions to deepen awareness of inner movements and further conversation

- What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
- How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
- Is there anything you would like to share after listening to another person share?

IV. Moving Forward (5”)

✚ Action:

- (1) Pray with Awareness Examen: focus on how you develop and use our gifts and talents in service to others
- (2) Share with your prayer partner

✚ **Announcements:** topic for next meeting and upcoming CLC events Invite members to take the **online Gifts Inventory** available at <http://www.staustin.org/index.cfm?load=page&page=278> for the meeting next week.

V. Closing Prayer (5”):

Pray for each other. End with **Prayer for Generosity (St. Ignatius of Loyola)**



*Lord, teach me to be generous. Teach
me to serve you as you deserve; to give
and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward, save
that of knowing that I do your will.*

#7 Gifts to Serve



Scripture

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the **common good**. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge, to another faith, to another gifts of healing,to another the discernment of spirits, All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. (1 Cor 12:4-11)

Gal. 5:22-23 the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.

Note: this meeting is adapted from <http://www.youngadultclc.org/caminos/>

Introduction & Welcome (1")

I. Opening Prayer (5")

Grace: to help us identify our unique gifts and talents for service.

Suggested Song: [*Strength, Courage, and Wisdom*](#) by India Arie

Use the grace and the suggested scripture above to create your own prayer, or use CLC Opening and Closing prayer, which can be found in Appendixes section.

II. Check-In (5")

- What were some of your high and low points of the week? Or
- Think back over your week and try to recognize a time that you felt like you were at the top of your game, using your gifts and talents in a way that made things seem to fall into place or feel natural.

III. Focus Exercise (40")

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.)

✚ **Introduction:** Last week, we talked about how God reveals our calling through our passions or desires. Tonight, we're going to explore how God reveals our calling through our unique gifts and talents.

✚ Exercise: Spiritual Gifts Inventory

Be sure to ask each community member take the [online Spiritual Gifts Inventory](#) before the meeting.

Suggested questions to discuss

- What are some of your unique gifts and talents according to the Spiritual Gifts Inventory?
- Was there anything that surprised you when you took the Spiritual Gifts Inventory online?
- How do you use your gifts and talents in service to others, especially the poor and the marginalized lately?
- Do you have any other gifts and talents that other people have told you?
- If time allows, after each person shared, invite other members affirm or give him or her feedback about the gifts they see in him or her.

✚ Listening Deeper

Suggested Questions to deepen awareness of inner movements and further conversation

- What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
- How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
- Is there anything you would like to share after listening to another person share?

IV. Moving Forward (5”)

✚ Action:

- (3) Pray with Awareness Examen: focus on how you develop and use our gifts and talents in service to others, especially the poor and the marginalized in society.
- (4) Share with your prayer partner

✚ **Announcements:** topic for next meeting and upcoming CLC events

V. Closing Prayer (5”):

Pray for each other. End with *Suscipe* by St. Ignatius of Loyola

*Take, Lord, and receive all my liberty,
my memory, my understanding
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.*



#8 What does the World need from Me?



Scripture

*As he went ashore, he saw a great crowd; and he had **compassion** for them, because they were like sheep without a shepherd; and he began to teach them many things. When it grew late, his disciples came to him and said, "This is a deserted place, and the hour is now very late; send them away so that they may go into the surrounding country and villages and buy something for themselves to eat." But he answered them, "**You** give them something to eat." (Mk 6:34-37)*

Micah 6:8 "Act justly, love tenderly, and walk humbly with your God."

*Note: this meeting is adapted from My Gifts and the World's Needs
<http://www.youngadultclc.org/caminos/>*

Introduction & Welcome (1")

I. Opening Prayer (5")

Grace: to help us identify the world's needs and my calling to serve.

Use the grace and the suggested scripture above to create your own prayer, or use CLC Opening and Closing prayer, which can be found in Appendixes section.

Note: ask for a volunteer to lead opening and closing prayers for the next meeting.

II. Check-In (5")

- When this week have you felt truly joyful?

III. Focus Exercise (40")

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.)

✚ **Introduction:** Connect with previous meeting's topic. God reveals our calling through our **passions** and **gifts**. Tonight, God reveals our calling through the **needs** of our world. As Frederick Buechner describes, "*The place God calls you to is the place where your deep gladness and the world's deep hunger meet.*"

This meeting creates a space for further understanding of our gifts and exploring those gifts in the context of our local and global communities. Where does our vocation lie in the greater invitation of discipleship? How are we called to specifically take into consideration the poorest and most vulnerable in our midst?

✚ Exercise: Discerning the World's Needs

Use "Discerning God's Will: An Exercise"

[http://evolutionaryspirituality.wikia.com/wiki/Our Calling / Mission / Great Work](http://evolutionaryspirituality.wikia.com/wiki/Our_Calling_-_Mission_-_Great_Work)) from *Evolutionary Spirituality* to begin the discussion.

- Invite members to open up their journal booklets on page (blank page) and **make three columns**. Then, in this non-judgmental, accepting space, pay attention to your body and focus on your heart. I invite you to **close your eyes**, put your attention on the center of your chest for a few minutes, and just notice the sensations of breathing and the gentle rhythmic beating of One Heart within you.
- After a few minutes of noticing rather than thinking, begin bringing to mind those activities, projects, passions, or interests that **give you joy and pleasure and happiness in life**. Not merely items like eating chocolate or lying on a tropical beach, but whatever gives you deep and lasting satisfaction — like when you've offered a helping hand or in some way contributed to others or to your community in a way that made you feel great- such as: tutoring at an after school program, serving at a soup kitchen, participating in immersion experiences, accompanying homeless individuals. **What do you love doing? What lights you up, gives you energy, or ignites your imagination?** (pause....)
- Now, open your eyes and **title the left column "My Joys"** and begin to list the words and phrases that articulate what you've just brought to mind: pursuits you've done or seen or read about others doing and that you can imagine yourself doing — anything that feeds your heart, nourishes your soul, and makes you feel fantastic about yourself. Be sure to include whatever you're good at and what other people would say you're good at. Periodically stop thinking and writing just to notice — notice your breathing, the sensations of your body, the beating of your heart, extraneous sounds. Then, as more possibilities come to mind, add to your list of "My Joys". Take your time with this; it's very important.
- Then **close your eyes again** and return your attention to the center of your chest, to the region of your heart, and ask yourself this question: "**Where do I hurt over** what is happening to others and/or what's happening to my community or my world? **What troubles me** or causes my heart to ache? Where do I get **angry or frustrated** or depressed? What causes my heart to open with **compassion**?" (pause)

- Now, open your eyes and **title the right column "My World's Needs"** and begin to create your new list. Don't worry about "getting it right" or putting everything down the first time. Just keep your lists handy, and add to them as more ideas spontaneously arise over the next few days. In fact, periodically revisiting and adding to your list is a spiritual practice that can span a lifetime.
- After both lists ("My Joys" and "World's Needs") have been fleshed out, allow your imagination to roam while you begin to creatively mix and match. Ask yourself: "What are some possible avenues (both the practical and the outlandish) **where my great joy and the world's great need intersect?** How might I contribute my time and energy in ways that would make a difference to at least one other person or creature, and that would also give me great joy?"
- Now, in the **center column**, begin to list these intersections, perhaps drawing diagonals to the specific items in the surrounding columns that would thus be connected. Don't censor or judge the possibilities yet; write freely, periodically stopping to just breathe and imagine.
- **Where your great joy and the world's great need intersect will indicate the directions of your calling, your mission, your vocation** — God's will for you at this time and place. This is where you can join with the impulse of evolution, with the flow of Life, and thus participate consciously in what God is doing in the world.
- Finally, once again taking time to first bring your attention back to the middle of your chest, look over **your middle column** and ask your heart to guide you in completing the following sentence: "**I exist in the world to serve ...**" and just jot down any words or phrases that come to mind. Then bring your attention back to the center of your chest and wait until more is revealed. Editing can come later. This is the time simply to listen and record whatever your heart leads you to say.

Sharing: invite members to share their reflection and allow feedback from the group.

- What emerged in your reflection?
- Where can you identify intersection between your gifts and the world's needs?
- Is there an area of service, justice work, or a social issue that you sense an invitation to cultivate more time and energy for?



✚ **Listening Deeper**

Suggested Questions to deepen awareness of inner movements and further conversation

- What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
- How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
- Is there anything you would like to share after listening to another person share?

IV. Moving Forward (5”)

✚ **Action:**

- (5) Pray with Awareness Examen: pay attention to what stirs compassion within you wanting to make a difference in the world.
- (6) Share with your prayer partner

✚ **Announcements:** topic for next meeting and upcoming CLC events

V. Closing Prayer (5”):

Pray for the world. End with **Beattitudes** (Mt 5:3-10)

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Blessed are the meek: for they shall possess the land.

Blessed are they who mourn: for they shall be comforted.

Blessed are they that hunger and thirst after justice: for they shall have their fill.

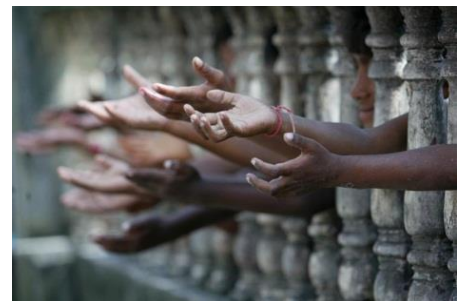
Blessed are the merciful: for they shall obtain mercy.

Blessed are the clean of heart: for they shall see God.

Blessed are the peacemakers: for they shall be called the children of God.

Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.”

“Don’t ask what the world needs.
Ask what makes you come alive, and go do it.
Because what the world needs is
people who have come alive.”
Howard Thurman



#9 Year in Review



Scripture

During the fourth watch of the night Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God." (Mt 14:22-33)

Lk 1:46-49 Mary said: "My soul proclaims the greatness of the Lord.... The Mighty One has done great things for me, and holy is his name"

Note: this meeting may last for two meetings

I. Opening Prayer (5")

Grace: to identify the graces of the year and come up with a response in living out those graces.

Use the grace or a suggested scripture above to create your own prayer or use the one below.

After reading the scripture above, say, "Almighty God, we thank you for gathering us here tonight. As the year comes to an end, our hearts are full of emotions...excitement about summer break, anxiety about final exams, looking forward to going home.... We pray for the grace of being open and honest as we reflect upon our year together. Help us to identify some of the consolation moments that helped us walk on water toward you and some of the desolation moments that made us drown under the water. Amen."

II. Check-In (5")

- What were some of your high and low points of the week? Or
- What was the last time you experienced God (whatever it means to you)?

III. Focus Exercise (40")

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.)

Introduction: This meeting offers time for the group to identify the significant **graces** that have been received in this year. Paying attention to God's movements and operations in our life is the key to our spiritual growth. The Ignatian Examen can be applied to daily or yearly reflection. The meeting has two parts: reflect our journey and affirmation.

✚ Exercise: The Year in Review

Invite members to pray with the questions which can be found in the next page.

✚ Sharing and Feedback

1. Explain the procedure: tonight we are going to do something different. After each person has shared, we are going to write to him or her our prayer notes, which include both affirmations and challenges. Our group only grows if we can be honest with each other, assuming it's ok with everyone (check to see if it's ok with everyone).
2. Invite each member to share: after each member has shared, allow time for all members to write a prayer note to him or her. Then each member will share her/his note either by reading it out loud or summarizing its main thoughts to the person.

✚ Listening deeper

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities? *Any common experiences and images of God?*
2. How have you been feeling throughout the meeting? Comforted? Anxious? Curious?
3. Is there anything you would like to share after having heard another person share?

IV. Moving Forward (5')

✚ **Evaluation:** have members to fill out the “Year-end Evaluation” and discuss it.

✚ **Action:** Discuss the following

1. Is there any unfinished business (such as apologies, peacemaking, thank-you's...) of the past year we need to address?
2. Remind members of God's invitation and their responses to live out the graces received.
3. How can we as a group grow and support each other over the summer? (e.g., prayer partner, group sharing on facebook every week, etc.)

✚ **Announce:** Upcoming CLC events

Try to set a meeting day and time for next year.

V. Closing Prayer (5')

- Encourage everyone to pray in thanksgiving for each other by praying for the person to their left. (Coordinator should begin first) *I would like to pray in thanksgiving for*

Year-End Awareness Examen

Presence of God: I take some time to relax, breathe regularly, and place myself in God's presence. I ask for the gift of gratitude and sensitivity to the Spirit, so that I may more deeply understand and appreciate how God has been working and inviting me this year.

Reflect: I read over my journal entries as a way to recall what took place within me. I particularly pay attention to my covenant with God, my hopes and desires at the beginning of each quarter. I *underline* key words, phrases, or insights, especially those which recur or form a pattern of meaning.

1. Gratitude: Looking back this year, what graces did you receive that you are most grateful for?

2. Consolation

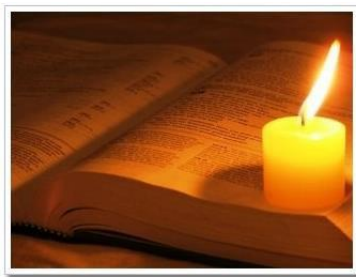
- Which activities or persons in this year helped you to “walk on water” and grow closer to God as Peter did? Describe.
- This year primarily focuses on *Vocation Discernment*. How would you answer the question, “What’s my vocation?” tonight?

3. Desolation

- Which activities or persons in this year caused you to “drown under the water” and pull you away from God? Describe.
- How have you not responded to God’s invitation this year? Might you need God’s forgiveness?

4. God’s Invitation

- Name one or two areas that God is inviting you to work on during the summer and next year.
- In what concrete ways or habits do you envision to live out these graces?



5. Image of the year: if you have to choose an image to describe your inner journey this year, what would it be? Draw it out on the next blank page.

Closing prayer: As with every prayer, I spend time to listen and talk to God whatever is in my heart.

#10 Year in Review



Scripture

During the fourth watch of the night Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God." (Mt 14:22-33)

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Note: this meeting may last for two meetings

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Use the grace or a suggested scripture above to create your own prayer or use the one below.

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II. Check-In (5")

- What were some of your high and low points of the week? Or
- What was the last time you experienced God (whatever it means to you)?

III. Focus Exercise (40")

Materials Needed: CLC supply box (CLC journal booklets, papers, pens, etc.)

Introduction: This meeting offers time for the group to identify the significant **graces** that have been received in this year. Paying attention to God's movements and operations in our life is the key to our spiritual growth. The Ignatian Examen can be applied to daily or yearly reflection. The meeting has two parts: reflect our journey and affirmation.

✚ Exercise: The Year in Review

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2. Invite each member to share: after each member has shared, allow time for all members to write a prayer note to him or her. Then each member will share her/his note either by reading it out loud or summarizing its main thoughts to the person.

✚ Listening deeper

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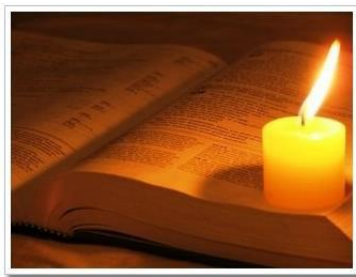
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- This year primarily focuses on *Vocation Discernment*. How would you answer the question, “What’s my vocation?” tonight?

3. Desolation

- Which activities or persons in this year caused you to “drown under the water” and pull you away from God? Describe.
- How have you not responded to God’s invitation this year? Might you need God’s forgiveness?

4. God’s Invitation

- Name one or two areas that God is inviting you to work on during the summer and next year.
- In what concrete ways or habits do you envision to live out these graces?



5. Image of the year: if you have to choose an image to describe your inner journey this year, what would it be? Draw it out on the next blank page.

Closing prayer: As with every prayer, I spend time to listen and talk to God whatever is in my heart.

