

## **Part 1: Come & See**

1. Come & See
2. Becoming one body
3. Recognizing God in my daily life experiences
4. Ignatius—The Pilgrim
5. Be still...and listen

(CLC Initiation)

6. Quarter Review

## **Part 1: Come & See**

### **1/ Come & See**

- Purpose: get to know each other
- Exercises: M & M, CLC logo 1 (people puzzle)
- Action: pray, “What do you hope to get out of CLC/college? Your goals for the year?”

### **2/ Becoming one body**

- Purpose: get to know our hopes and desires for CLC/college
- Exercises: CLC logo 2 (cross puzzle)
- Action: prayer partner

### **3/ Recognizing God in my life experiences**

- Purpose: to recognize God in our life experiences
- Exercises: Mountain motif
- Action: pray with the Awareness Examen (bookmarks)

### **4/ Ignatius—The Pilgrim**

- Purpose: to know how Ignatius experiences God’s love and call for him and how CLC is rooted in his spirituality
- Exercises: Ignatius Grab-bag Game
- Action: pray with the CLC commitment

### **5/ Be still...and listen**

- Purpose: to experience the importance of listening in CLC. The way we listen to others is the way we listen to God in prayer.
- Exercises: active listening praxis
- Action: prayer partner

*(CLC Initiation)*

### **6/ Quarter Review**

- Purpose: to identify graces and challenges in the quarter
- Exercises: Time & Energy (using appointment calendar)
- Action: CLC habits (choose 1 or 2)

# #1 Come and See



## Scripture

The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means teacher), "where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon. (Jn 1:35-39)

*Matt 18:18-20* "Where two or three are gathered."

*Matt 11: 28-31* "Come to me all you who are weary."

### Introduction & Welcome (1 min.)

Introduce yourself and welcome the group. Briefly explain the goal of this meeting: get to know each other.

### I. Opening Prayer (5')

Grace: for openness in responding to this invitation from God to come together and form a community based on faith and growth.

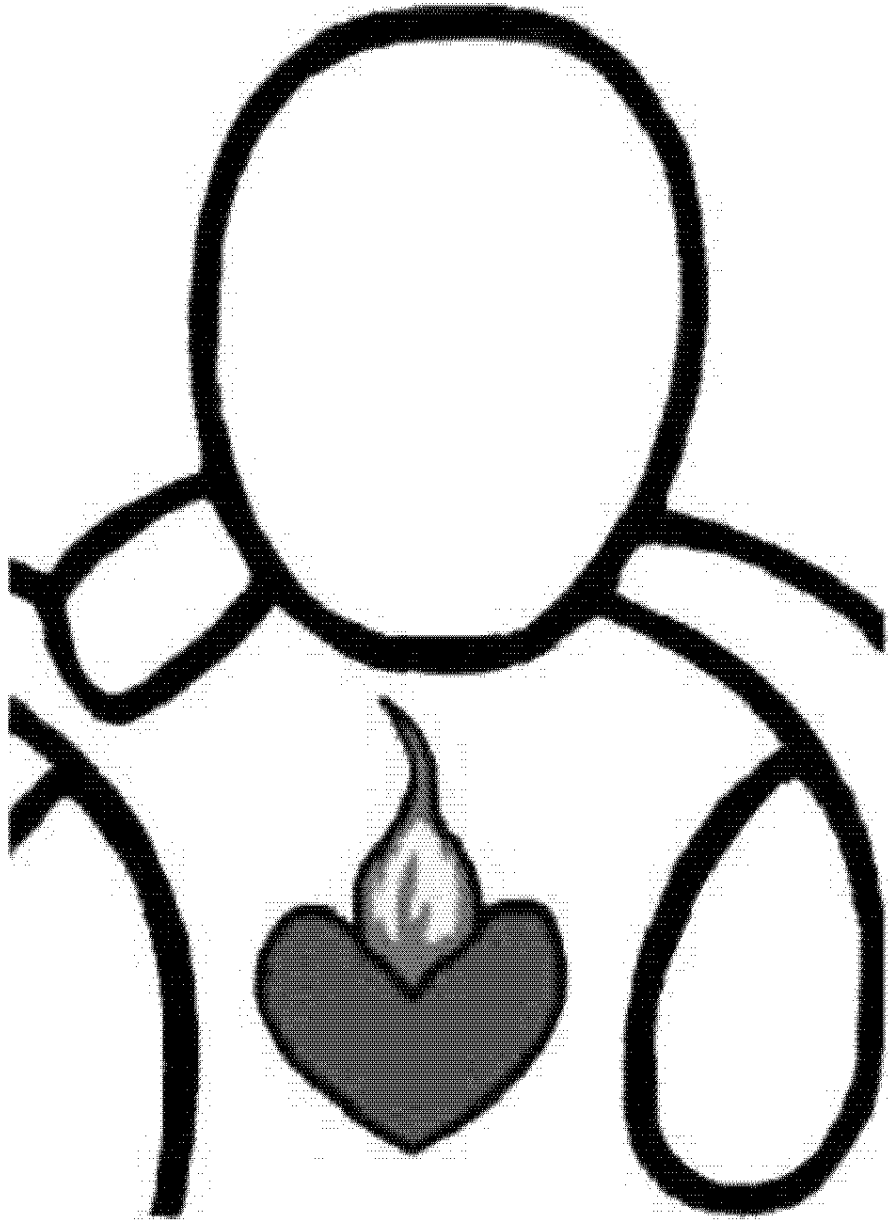
Use the grace or a suggested scripture above to create your own prayer, or use the one below.  
*Lord, we thank You for gathering us here. We believe You are here with us, for You promised to be present wherever two or three are gathered in Your name. We ask You to open our hearts to Your love and blessings. Help us to grow in friendship and companionship with one another and with You. Amen.*

### II. Short Check-In (5')

We will do a short "check-in" every meeting. Briefly share how you are feeling right now. The purpose of this part of the meeting is to help the group know how we are feeling at the meeting. We will have more opportunities later in each meeting to expand upon what we have already shared.

### III. Focus Exercise (40'): The M&M Game; CLC logo

Materials Needed: CLC Journal booklets, M&Ms or other candy, CLC logo sheets and a small poster. (These supplies can found in your CLC tool box. If not, come to the CLC Office. All the handouts are printed in the CLC Journal booklets.)



✠ **Introduction:** We have two activities for this meeting, both will help us share some things about ourselves with each other.

✠ **Exercise #1:** M&M game (15')

Have each member grab some M&Ms. It's up to each person to decide how many to get. Wait until everyone in the group is done. For each piece of candy share something about yourself. (Coordinators should demonstrate first: mention your name, major, year at SCU, where you are from, hobbies or interests, etc.)

✠ **Exercise #2:** CLC logo sheet ("*people*" only) (15')

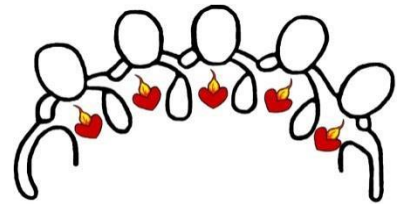
Pass out copies of the 8.5 x 11 CLC logo sheet.

Have every member cut out their own (coordinators too!)

and have each person write his/her first name on the face. Invite people to share on these topics

as they tape their figure to the poster (see figure to right):

1. Your name: its significance, how your parents came up with it, etc.
2. Why did you come to CLC? What draws you to it?
3. Have you ever experienced any small spiritual support groups at retreats, school, or church?



When each member is done, explain that the poster will be kept for the year as a visual representation of the group. Mention to the group that we'll do more with it and you will explain more about its meaning next week.

*NOTE TO LEADER: Keep the completed poster and bring it back for next week's exercise (when the logo will be completed and explained).*

✠ **Listening deeper**

Explain: this portion of the meeting serves to help us listen to what has been going on within each of us as individuals and as a group. It is not meant to be an evaluation of the meeting, but rather, a way to help us be more attentive to how we have been responding to what has been shared and how God is moving in the group. The questions you might ask in this portion of the meeting will deepen over time and will depend on what has been taking place in each meeting. The following are just suggestions.

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after having listened to other people share?

#### IV. Moving Forward (10')

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

✝ **Action:** pray, “What do you hope to get out of CLC/ college?”

The heart of CLC spirituality is to grow. Every week, we'd like to suggest one thought or action for you to think and pray about or act on. For week one, we invite you to pray over the question Jesus asked his disciples, “What are you looking for?” In this context, for example, what do you hope to get out of CLC/college? What are your goals for the year? We will be discussing this topic more next week.

✝ **Housekeeping:** discuss the following (add more as needed).

1. Meeting day, time, location, length: stress the meeting day and time stay the same for the rest of the school year.
2. Meeting format: discuss in general the CLC format of opening prayer, checking-in, focus exercise, and closing prayer. Do not go into too many details. Give an overview.
3. Meeting content: ask if there are particular themes or topics members would like to discuss over the quarter. (You may preview the meeting topics of this quarter here. See the table of contents)
4. CONFIDENTIALITY: what we share in the group stay in the group.
5. Group contact person: ask for a volunteer to help coordinate events, reminders, etc.

✝ **Announce:** topic for next meeting and upcoming CLC events

#### V. Closing Prayer: (5')

✝ *The tradition of CLC calls us to form communities of faith, trust, and growth. “Our Community is made up of Christians: men and women, youth and adults, of all social conditions.” (General Principles 4). As we close our time together tonight we remember that we are a part of a larger community of faith here at our school, in the CLC community, in our faith, and in the world.*

✝ *We will close by praying in thanksgiving for each one of us here. Please join me in saying the name of the person to your left as we pray together.*

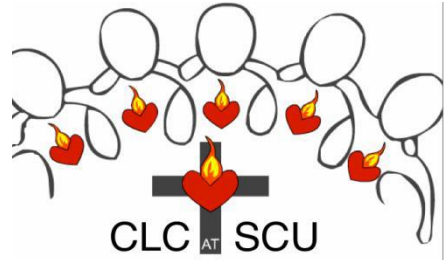
### **Spiritual Exercises / General Principles & Norms**

*Members come together on a regular basis in a stable local community (GP #11).*

*Our community is made up of Christians: men and women, youth and adults, of all social conditions (GP #4).*

*Truly it is a retreat in everyday life (SpEx #19).*

## #2 Becoming One Body: Union in Christ



### Scripture

I pray not only for them, but also for those who will believe in me through their word, so *that they may all be one*, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. And I have given them the glory you gave me, so that they may be one, as we are one. I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me. Father, they are your gift to me. I wish that where I am they also may be with me, that they may see my glory that you gave me, because you loved me before the foundation of the world. (Jn 17:20-24)

*1 Cor 12:12-25* "We were all baptized into one body...and we are all given to drink of one Spirit."

*Eph 4: 1-16* "The whole body...brings about the body's growth and builds itself up in love."

### Introduction & Welcome (1')

If you have any new members, introduce yourself to them and have them introduce themselves. Briefly have the other group members share their names and something short about themselves. Explain the purpose of this meeting: to get to know each other and our hopes and desires for CLC.

### I. Opening Prayer (5')

Grace: for openness of heart and willingness to give of oneself in building a faith community of trust and love in Christ

Use the grace or a suggested scripture above to create your own prayer, or use the one below:  
*Lord, we thank you for all those gathered here. We believe You are here with us, for You promised to be present wherever two or three are gathered in your name. We ask You to open our hearts to Your love and blessings and to get in touch with our hopes and desires for CLC. Help us to become one with You and each other. Amen.*

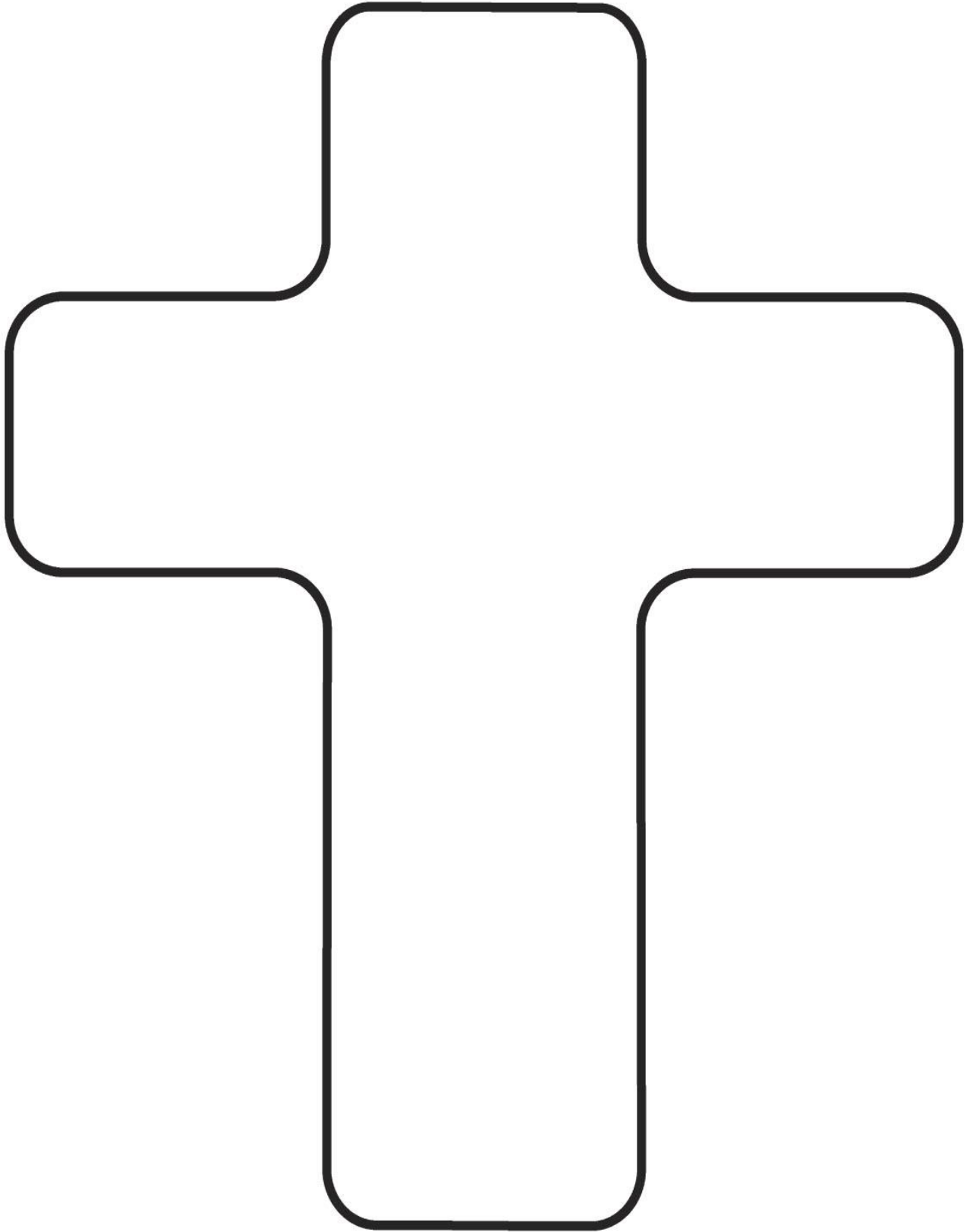
### II. Short Check-In (5')

(If needed, re-explain this: We will do a short "check-in" every meeting. Just briefly share how you are doing right now. The point of this part of the meeting is to help us know how we each are feeling when we come to the meeting. We will have more opportunities later in each meeting to expand upon what we have shared.)

### III. Focus Exercise (40'): The Cross Puzzle {CLC logo (part 2)}

Materials needed: CLC Journal booklets, snacks, the cross puzzle and poster from last week (all these materials are in your CLC supply box)

✠ **Introduction:** last week, we started to share some things about ourselves. This week, we will continue sharing, specifically by completing last week's exercise in order to help us learn more about what CLC is and about each other's hopes in CLC.



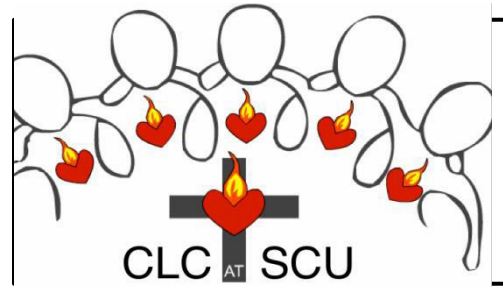


‡ **Exercise:** the cross Puzzle {CLC Logo (part 2)}

1. The Cross: cut it into pieces according to the number of people in your group and give each person a piece.
2. Write hopes and concerns: on the **front** of the paper, ask each person write a word or phrase that captures his/her hopes for CLC. On the **back**, have each member write a word or phrase that expresses their concerns or reservations about CLC.
3. Tape all the pieces together into the shape of a cross. Tape the entire cross in the center of the poster from last week (just as the CLC logo depicts). Make sure all the hopes are on one side and the concerns on the other.

‡ **Sharing**

1. Let everyone take a minute to look at the picture in silence.
2. Ask: “What do you see?” (Allow each member to share. Listen to responses carefully and repeat key words or phrases).
3. If necessary, ask questions to deepen the discussion, such as, “Are there any commonalities in what we’ve written or shared?”



‡ **Explain:**

1. **The cross puzzle** symbolizes that we each bring our hopes and concerns to this community and to Christ. By bringing what is in our hearts to this community, we can become one in our relationship with God.
2. **The Heart on the cross**: write common hopes and concerns on the heart at the center of the cross. Explain that Christ cares for and guides each of us individually and also as a group.
3. **The meaning of the CLC logo** is as follows. You paraphrase the explanation

*\*CLC is a “School of the heart.” Don’t we all long for a safe place where we speak honestly about what’s going on in our lives? Without fear, without judgment? Together, we can help each other get to the “heart of the matter” through transparency, vulnerability and trust. When we share from the heart, it goes to the heart. Everything you share stays in this group. Remind them about **confidentiality**.*

*\*CLC involves becoming “Friends in God.” As our mission statement claims, “CLC is a community that helps one another discover and live out our personal vocations.” The CLC community strives to imagine a way of life that pursues wholeness and holiness. Together, we seek holistic ways of living that integrate the three values of community, spirituality and service.*

*\*The CLC logo depicts this hope. We strive to be a community of people schooled in the heart, bound by our common familiarity and devotion to the heart of Christ. Being connected to Christ is the glue that binds each of us in strong and deep ways. This will take time, of course, but with God’s grace and our openness, it can become a reality.*

*\*Preview: We will continue getting to know one another and what CLC is about in the next few weeks.*

✝ **Deep Listening**

1. What has struck you as you listened to others share? Do you notice any patterns or commonalities?
2. How have you been feeling during the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after having listened to other people share?

**IV. Moving Forward (5')**

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

✝ **Action:** prayer partner.

Explanation: Because tonight we talked about our hopes and desires to connect, to belong, and to become one body in union with Christ, for this week we invite everyone to have a prayer partner. It means two things: (1) pray for one another during the week, (2) get to know each other by getting together for lunch, dinner, or coffee, etc. We will switch partners each week.

✝ **Announce:** topic for next meeting and upcoming CLC events



**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...*

## **Spiritual Exercises / General Principles & Norms**

*... we assemble into in community those feel a more urgent need to unite their human life in all its dimensions with the fullness of their Christian faith... (GP #4).*

*As a primary means of formation and continuing growth, members come together on a regular basis in a stable local community, to assure a deep sharing of their faith and human life, a true community atmosphere and a strong commitment to mission and service (GP# 11).*

*The Spirit-inspired love respects the uniqueness of each personal vocation and enables us to be open and free, always at the disposal of God (GP#2).*

## #3 Recognizing God in My Life Experiences



### Scripture

I raise my eyes toward the mountains. From where will my help come? My help comes from the Lord, the maker of heaven and earth. God will not allow your foot to slip; your guardian does not sleep. Truly, the guardian of Israel never slumbers nor sleeps. The Lord is your guardian; the Lord is your shade at your right hand. By day the sun cannot harm you, nor the moon by night. The Lord will guard you from all evil, will always guard your life. The Lord will guard your coming and going both now and forever. (Psalm 121)

*Rom 8: 18-27* “The Spirit too comes to the aid of our weakness...”

*Lk 12:22-31* “Do not worry...your Father knows [what] you need.”

### Introduction & Welcome (1’)

If you have new members, briefly go through introductions. Always thank each member for coming to the meeting. Briefly explain the **purpose** of this meeting: to recognize God in our life experiences.

### I. Opening Prayer (5’)

Grace: to look honestly at how God has challenged and strengthened us in order to better recognize the Spirit’s presence and action in our daily activities.

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

### II. Short Check-In (5’)

(If needed, explain this again: We will do a short “check-in” every meeting. Just briefly share how you are feeling right now. The point of this exercise is to help us know how we feel at the start of the meeting. We will have more opportunities later in each meeting to expand upon what we have shared.)

### III. Focus Exercise (40’): Mountain Motif

Materials Needed: CLC Journal booklets, Awareness Examen bookmarks

Note: These supplies can be found in your CLC tool box. If not, come to the CLC Office. All the handouts are printed in the CLC Journal booklets. If you don’t have CLC Journal booklets or need to make copies, come to the CLC office)

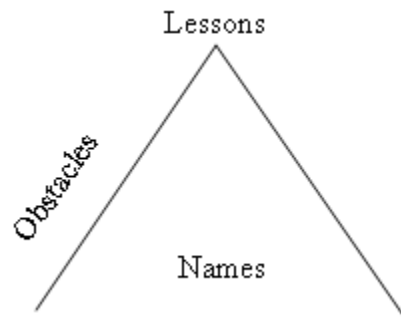
‡ **Introduction** (paraphrase)

One hallmark of our CLC spirituality is to find God in all things. We all hunger to feel and experience God's presence and action in all aspects of our daily lives, not just in Sunday worship, CLC meeting, or specific "religious" activities. One way to recognize God's presence in our daily lives is to pay attention to our life experiences. Ignatius' Awareness Examen helps us to do so. Now, we will go through a sort of Awareness Examen using an exercise called the Mountain Motif. (Explain that they can also use any image that speaks to them instead of a mountain: the ocean, a freeway, a path, etc....)

‡ **Exercise:** Mountain Motif

Instructions: using the provided markers, draw a mountain or other image in your CLC journal booklet.

1. On the face of the mountain: write the names of people who have affected your life in a positive way and have helped you with life's obstacles, even if you are still struggling with these particular challenges.
2. On the uphill slope of the mountain: briefly jot down the different obstacles you have had to overcome.
3. On the top of the mountain: write the different lessons you have learned as a result of the obstacles you have overcome.



‡ **Sharing:**

1. Allow the group to look at and silently reflect on the mountain for a moment.
2. Invite members to share what they wrote. Remind the group that everything shared in CLC is confidential. It should not be shared outside the group.
3. At the end of the sharing, encourage each member to thank the people that helped them on their journeys. Point out that the times of trials may draw out of us greater strength and growth that we may not realize we have undergone.
4. Ask if these painful experiences may reveal specific invitations to deepen our spiritual growth.

‡ **Listening deeper**

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

#### IV. Moving Forward (10')

✠ **Wrap Up:** over the next few weeks we will continue to explore the idea of the Awareness Examen and how it is a helpful tool in forging a CLC way of life that integrates spirituality and our life experiences. You can continue to practice using the steps of the Examen (see booklets/ bookmarks) as a way of recognizing God in each day. This is an exercise that you can adapt to your own needs. The mountain is one means of self-reflection, there are many others.

1. Thank them for attending the first 3 meetings. Let them know they are free to stop if CLC is not for them. Remind them that you are available to talk one-on-one if they would like to discuss what they are thinking or feeling about the group, etc.
2. Pass out the Awareness Examen bookmarks and point out the CLC Commitment page which can be found on the following page and also in the CLC journal booklets (encourage them to pray over it and be ready to make a commitment for the rest of the year during the CLC initiation).

✠ **Action:** spend 5 minutes a day with God (possibly using the Examen). Switch prayer partners.

✠ **Announce:** topic for next meeting and upcoming CLC events

#### V. Closing Prayer: (5)

*God loves us more in deeds than in words. The Examen is an awareness exercise about how God is present and active in our concrete life experiences. Please close your eyes and recall how you felt throughout the meeting. What emotions have arisen, what thoughts and feelings do you feel called to address more deeply or continue to explore in prayer? (pause)*

*If you have any special intentions which you wish to voice aloud, please do so.*

### **Spiritual Exercises / General Principles & Norms**

*Spiritual Consolation may be defined as moments when we find ourselves so on fire with the love of God that we can freely give ourselves over to God and there is no competition with any human person or any created thing. Rather we begin to see everything and everyone in the context of God, the Creator and Giver of all good gifts (SpEx. #316a).*

*By faith, we know that God is always with us in the strength and power of grace... (SpEx. #320)*

*This law of love, which the Spirit inscribes in our hearts, expresses itself anew in each situation of our daily lives,... respects the uniqueness of each personal vocation,... enables us to be open and free...[and] challenges us to see our responsibilities...and seek progress and peace, justice and charity, liberty and dignity for all (GP #2)*

## **What does it mean for me to commit to CLC? A.M.D.G.**

CLC is a community of friends that helps one another discover and live out our personal vocations. We strive to cultivate a way of life that integrates the values of community, spirituality and service.

### **I. Community: Building a Community of “Friends in God”**

I will try to open my heart to my small CLC group by:

- Trust – I will share with members in my group honestly what is happening in my life.
- Openness – I will receive and accept as gifts the things that my group members share, respect different points of view and actively listen to everyone.
- Confidentiality – I will keep what others share within the group and trust what I share will also be kept in confidence.
- Regular attendance – I will attend all group meetings; and/or notify my group leaders whenever I cannot attend a meeting.
- Building Community - I will participate in campus-wide CLC events (such as Weekly Wednesday Worship, CLC Barbeques, service immersions, etc.)

### **II. Spirituality: Finding God in all things**

I will strive to grow in my relationship with God/Christ. This means taking the time:

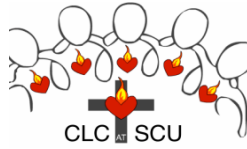
- to pray with Ignatian Awareness Examen on a regular basis.
- to attend Sunday Worship or Mass.
- to attend a spiritual retreat once a year (as a retreatant).
- to grow in knowledge of Ignatian spirituality as the heart of the CLC charism.

### **III. Service: Becoming a Person with and for Others**

I will strive to give of myself, in order to deepen my spirituality of being sent. This can be done through the following:

- regular service/outreach to others, especially those most in need;
- raise greater awareness of justice issues locally, nationally and worldwide;
- reach out, at least once a quarter with my group, to serve and stand in solidarity with the poor, marginalized, or outcast.

*Community. Spirituality. Service*



## Awareness Examen Prayer

*This 5-10 minute reflective prayer at night (or the next morning)  
to review a day  
is a vital way to developing a discerning heart:*

1. Lord, **bless me** with the light of your Spirit to see through Your eyes and feel with Your heart.
2. Lord, what **gifts** have I received today that I can be **thankful** for?
3. Lord, how have you **loved** me today? Which experiences give me **life** today? Which experiences **drain** me?
4. Lord, how have I **not responded** to you? I need your **forgiveness** with...
5. Lord, how are you **inviting me** to respond more fully or be **more attentive** to you in the coming day?

## #4 Ignatius—the Pilgrim



### Scripture

Then Jesus said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it. What profit is there for one to gain the whole world yet lose or forfeit himself? (Lk 9:23-25)

*Heb 13:1-8* ".....Jesus Christ is the same yesterday, today, and forever."

*Jer 29:11-14* "For I know well the plans I have in mind for you, says the Lord..."

### Introduction & Welcome (1')

#### I. Opening Prayer (5')

Grace: to grow closer to God and one another through the Life of St. Ignatius

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

*Loving God, thank you for gathering us these weeks, for drawing us closer to you and to one another. Help us through this meeting to become friends in the Lord, people who are willing to trust one another and grow in intimacy as we support one another on our daily journeys. Help us to listen to what moves us about the story of your beloved friend Ignatius and how you likewise seek our friendship. Amen.*

#### II. Short Check-In (5')

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

#### III. Focus Exercise (40'): The "Ignatius Grab-bag Game"

Materials Needed: CLC journal booklet, picture of St. Ignatius, "Ignatius Grab-bag Game" (use either game cards or beach ball or other item with game questions written on it..... Cut out the cards or prepare the item beforehand); Optional: show a video of his life from YouTube (bring your laptop)

✠ **Introduction:** CLC is rooted in the spirituality of St. Ignatius of Loyola, founder of the Jesuit order and the patron saint of all the Jesuit Universities. In order to better understand and see how CLC can be a place to grow in our own spiritual journey, we are going to spend some time this meeting learning about St. Ignatius. We're going to briefly look at some of the main events of his life, and play a game that will help us share about our own lives in relationship to St. Ignatius.



- ✠ **Exercise:** “Ignatius Grab-bag Game” (or “Getting to Know Ignatius Game,” etc.)
  1. Place the picture of St. Ignatius in the center of the room or glue it to the paper bag so all the members can see the photo.
  2. Go over the Life of St. Ignatius by verbally highlighting key points. (the Life and the game questions can be found in the following pages)  
(Other options: have members prayerfully read his life or show a video from youtube <http://www.youtube.com/watch?v=MSvOPTq30Xw>)  
Note: you may skip this step and jump to the next step. If you skip it, make sure that you read a short description of his life before reading each game question.
  3. Have members take turns pulling out game cards from the paper bag (or tossing the item with the questions). The game cards should have the questions only. It is up to you how the game progresses (i.e. answer the question you pull from the bag or that faces you as you catch the item; ask it of another member, etc.).

- ✠ **Sharing:** the initial sharing for this meeting takes place as each person answers a question during the game. Encourage members to elaborate and not just give one-word answers.

#### ✠ **Deep Listening**

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

### IV. Moving Forward (10’)

- ✠ **Wrap Up:** thank members for attending the meeting. Remind them that we are going to have a CLC Initiation after meeting #5, which is two weeks from now.

#### ✠ **Action:**

1. Continue to reflect on the CLC Commitment handout during the week.
2. Pay attention to building-names, statues and any other elements of campus related to the story of St. Ignatius and the Jesuits.

- ✠ **Announce:** topic for next meeting and upcoming CLC events. Switch prayer partner.

### V. Closing Prayer (5’): Prayer for Generosity (by St. Ignatius)

*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. Amen.*

## **Spiritual Exercises / General Principles & Norms**

*The most important qualities in the person who enters into these exercises are openness, generosity and courage (SpEx #5).*

*The Exercises are, above all, a time of intimate contact between God and the retreatant...(SpEx #2).*

*The purpose of the Exercises is to help us discover one’s personal vocation. (Herbert Alphonso, S.J.).*

*St. Ignatius of Loyola*



## **The Life of St. Ignatius**

*Adapted from Mark Link, S.J.*

### **Ignatius: Saint or Sinner?**

We often see or hear about this great figure in the Church as a saint or a great man. We do not usually first think or hear about his addictions and struggle to find God. This short article attempts to describe his journey to find himself and his purpose in life and how God helped him to do so. Hopefully, his story can help inspire you to walk your own path to do the same.

### **Early Life**

Ignatius was born in Spain in 1491, a year before the discovery of America. He was the youngest of 13 children and was known as Inigo. His parents died before he was sixteen, at which point he went to live with a family friend. There, he was frequently at court and became addicted to gambling, dueling, and women. Eventually, he became a Spanish soldier. During a battle against the French, a cannon ball wounded one of his legs and broke the other. He returned home to heal from his injury.

### **Dreamer**

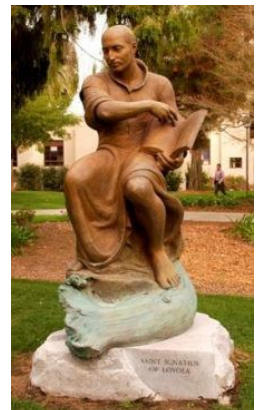
During the long months of his recuperation, Ignatius asked for romance novels and chivalry books to pass time, but there were none available. His home had only a copy of the life of Christ and a collection of saints' lives. Desperately, he began to read them. The more he read, the more he daydreamed to be like them, which made him feel peaceful and satisfied. At the same time, he continued daydreaming about winning a noble lady's heart in court, which left him restless and unsatisfied. This experience was not only the beginning of his conversion but also the beginning of his "discernment of spirits," a prayerful decision-making process that he began to develop.

### **Seeker**

After regaining his health, Ignatius decided to go on a journey for his spiritual growth and explore his dream. He left Loyola and went to Montserrat, where he spent three days writing down all his sins and went to confession. He knelt praying all night in vigil, left his sword and knife at the altar to symbolize giving up his old life, gave away his fine clothes to a poor man, and dressed himself in rough clothes with sandals and a staff. At daybreak, he continued his journey towards Barcelona but stopped along the river Cardener at a town called Manresa. There he spent the next ten months.

### **Prayer**

Ignatius' first months at Manresa were filled with profound spiritual consolation, a sense of peace and God's love for him. He volunteered to help the sick in a hospital, begged for food, and slept wherever he could. Each day Ignatius spent seven hours in prayer and read his favorite book, *The Imitation of Christ*. Whenever he experienced consolation and gained some insights about God, he wrote it down in his spiritual journal.



## **Tortured Soul**

After months of consolation, Ignatius began to experience desolation. He felt that God was totally absent from his life. The whole idea of conversion and the desire to turn his life over to God seemed impossible. Ignatius tried to pray and fast more in order to regain the joy and consolation that he once had experienced, but it was all in vain! He was on the brink of desperation and suicide. Fortunately, he did not give in to this dark period. Slowly, he again began to experience the comfort of grace.

## **Mystic**

When peace returned to his tortured soul, Ignatius had some mystical experiences. When the church bells rang, he felt like his soul soared skyward like an eagle. Everyday objects and experiences became images and symbols of God's presence for him. On one occasion, he clearly saw how Jesus Christ was present in the Eucharist. Once during prayer, he had a powerful vision of the humanity of Christ. These experiences strengthened his faith so much that he said that if there were no Bible, he would still be convinced of God's existence and love for him.

## **Transformed Person**

One September afternoon, while he was walking along the Cardoner River, Ignatius had an extremely enlightening experience that forever impacted him. The experience helped him to understand many things, spiritually as well as intellectually, about God and life. Later, he mentioned that all the enlightenments of his life combined "would not, in his judgment, be as great as what he experienced on that occasion."

## **Spiritual Guide**

Ignatius was overwhelmed by his enlightenment at Cardoner. He saw clearly how the risen Jesus and his kingdom were truly real and active among us. He also saw how we all struggle to experience God in our lives and to fight the battle between good and evil in the world. Thus, he wanted to share his own experiences of God and ways we can "find God in all things." This is one of the central characteristics of Ignatian spirituality. It is especially evident in his prayer of the Awareness Examen. He also wrote a book which helps others discover their personal vocations called "The Spiritual Exercises of St. Ignatius." It is upon these exercises that CLC is based.

## **University of Paris**



After many years of helping others to experience God, Ignatius discovered that he needed to further his education to better serve others. During his studies, he continued helping others to find God and discern their vocations in life. He found a small group of friends in his dorm, including Francis Xavier, Peter Faber and James Lainez. They helped one another to discover their calling and purpose in life. They eventually founded a community called the Society of Jesus (Jesuits) in 1540. By the time of Ignatius' death in 1556, thirty-five Jesuit colleges had been established in Europe. SCU is now one among twenty-eight Jesuit universities in the U.S. and one of ninety Jesuit colleges world-wide.

## Ignatius Grab-Bag Game

**Instruction:** cut out each number (both the description and the questions) below....Put the questions into a bag/box....shuffle them....invite each member to pick one and read it out loud. (*Note: the questions below are in relation to the members' lives*)

**1/ Family:** Ignatius was born as Inigo de Loyola in Spain in 1491, a year before the discovery of America. He was the youngest of 13 children. His parents died before he was 16, when he went to live with a family friend.

Questions:

1. Where and when were you born? Is there anything significant about the place and time?
2. How many family members do you have? Who do you feel closest to in your family?

Cut this line \_\_\_\_\_

**2/ Ignatius' talents and addictions:** Ignatius' gifts were dueling and horse riding. However, he was very addicted to gambling and women.

Questions:

1. What are your unique talents?
2. Is there anything you particularly struggled with that you feel comfortable sharing?

**3/ Cannon Ball Experience:** During battle, a cannon ball wounded one of Ignatius' legs and broke the other. During his recuperation, two books that changed his life were *The Life of Christ* and *The Life of the Saints*.

Questions:

1. Do you have any "cannon ball" experiences that made you pause and question life and God?
2. Are there any books that "changed" your life or outlook on life?

**4/ Dreamer:** Ignatius daydreamed about being a knight and winning a noble lady in court. He also daydreamed about being a saint.

Questions:

1. What do you usually daydream about?
2. What is your dream right now at this point in your life?

**5/ Seeker:** After regaining his health, Ignatius decided to go on a journey to encourage his spiritual growth and explore his dream. He left Loyola and went to Montserrat, where he went to confession, held an all-night vigil, left his sword at the altar symbolizing leaving his old way of life, and gave away his clothes.

Questions:

1. Are there any important questions or decisions you have to make right now?
2. Have you ever given up something meaningful in order to pursue a new or different goal?

**6/ Prayer:** Ignatius' first months at Manresa were filled with profound spiritual consolation. He volunteered to help the sick in a hospital, begged for food, and slept wherever he could.

Questions:

1. How do you pray?
2. When was the last time you experienced consolation, a sense of God's presence, of being at peace and alive?

**7/ Restless Heart:** After months of consolation, Ignatius began to experience desolation. He felt that God was totally absent in his life. Ignatius tried to pray and fast more to regain the joy and consolation that he once had, but it was all in vain! He was on the brink of desperation and suicide.

Questions:

1. Have you ever felt God did not listen or respond to your prayer? Explain.
2. When was the last time you felt depressed and cried?

**8/ Transformative Experiences:** When peace returned to his tortured soul, Ignatius had some transformative experiences. These moments strengthened his faith to the point that he said that if there were no Bible, he would still be convinced of God's existence and love for him.

Questions:

1. How would you describe your relationship with God right now?
2. At what point in your life was your faith strongest? How do you account for this?

**9/ Spiritual Guide:** During his time, Ignatius often shared with others his own experiences of God. He wrote a book, which helps others discover their personal vocations called "The Spiritual Exercises of St. Ignatius." It is upon these exercises that CLC is based.

Questions:

1. Have you ever talked or shared with others about your experiences of God? Describe.
2. If you had to give advice or write a book about spirituality, what one or two things would you say?

**10/ Education:** After many years of helping others to experience God, Ignatius discovered that he needed to further his education to better serve others. During his studies, he found a small group of friends who helped one another to discover their calling and purpose in life.

Questions:

1. What do you think about Ignatius' outlook on education that "he needed to further his education to better serve others"?
2. How do your friends help you discover your calling and purpose in life?

## #5 Be Still.... and Listen



### Scripture

When a large crowd gathered, ..Jesus spoke in a parable. "A sower went out to sow his seed. And as he sowed, some seed fell on the path and was trampled, and the birds of the sky ate it up. Some seed fell on rocky ground, and when it grew, it withered for lack of moisture. Some seed fell among thorns, and the thorns grew with it and choked it. And some seed fell on good soil, and when it grew, it produced fruit a hundredfold." After saying this, he called out, "Whoever has ears to hear ought to hear." (Lk 8:4-8)

*Rev 3:20* "Listen! I am standing at the door knocking; if you hear my voice and open the door...."  
*Ps 95* "...If today you hear his voice...Do not harden your heart..."

### Introduction & Welcome (1')

#### I. Opening Prayer (5')

Grace: to open our hearts to listen attentively to God within and through those around us.

Use the grace or suggested scripture passage above to develop an opening prayer.

*Loving God, we ask for a listening heart and open ears. Help us to be a healing and supportive presence to one another. Help us also to experience listening as a form of prayer, a way of loving, a means of growing closer to You and one another. Amen.*

Reflect on the quote:

"Friends united in prayer know no separation" St. Francis de Sales

#### II. Short Check-In (5')

#### III. Focus Exercise (40'):

Materials Needed: CLC Journal booklet

✠ **Introduction:** emphasize the importance of listening in our daily conversation.

✠ **Demonstration of active listening**

1. Role-play to demonstrate good and bad listening habits. (You need to prepare with your co-leader or a member beforehand).

2. Ask members to identify the good and the bad listening habits.

**Active Listening Praxis Handout (20 minutes)**  
*(for First Year group)*

1. Decide which prayer partner will be the listener and which will be the sharer:

2. The *sharer* quietly prays:

The *listener* quietly prays:

<b>For Honesty and Openness</b>	<b>For Compassion</b>
<p>I pray for the gift of openness, Lord, I ask for the ability to share my feelings with another With honesty, And for the knowledge that no one is making a judgment about my life, Even if this makes me uneasy. And in all this I experience the joy of knowing, That in relationships I am loved by You, The God of love.</p>	<p>I pray for the gift of compassion, Lord, I ask for the ability to enter into the feelings of another With love, And for the generosity to make no judgment on another's life, Even if this tries my patience. And in all this I experience the joy of knowing that in compassion I am like You, The God of compassion.</p>

3. The listener begins by asking the following questions one at a time for **5-7 minutes**.

- How has your relationship with God changed since you started school?
- How are you dealing with the stress of being at school and away from home, etc.?
- How would you describe your experiences with CLC so far?
- Do you see yourself wanting to commit to CLC for the year?

4. Both the listener and sharer give honest, concrete & brief feedback for **2-3 minutes**, using the following format as a guide:

- The listener reflects first, asking:
  - How was I present to the person?
  - How was I emphatic in understanding and caring?
  - Which skill(s) could I be more attentive to?
- The sharer reflects:
  - Did I feel that I was being understood?
  - What was helpful about the listener's presence, behavior or questions?
  - What could have been more helpful?

5. Switch roles and repeat steps 2-3.

**Reminders: Be as present as possible and don't focus too much on applying the skills.**  
*Please return to the large group in 20 minutes.*



‡ **Exercise:** Active Listening Praxis

1. Invite members to find the “Active Listening Praxis” handout in their journal booklets and briefly go over it.
2. Have members break into pairs and find a quiet space in the room or nearby.

‡ **Sharing**

After members come back to the group, invite members to share their experiences with the group.

1. How would you describe your experiences as a listener?
2. What was it like to share, given how your partner was listening?
3. What has been your experience of CLC so far?
4. Would you like to make a commitment to stay in CLC for the rest of the year?

‡ **Deep Listening**

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

#### IV. Moving Forward (5’)

‡ **Wrap-Up:** thank members for their openness and participation. Mention that the way in which we listen to others gives us clues about the way we listen to God in prayer.

‡ **Action:** switch Prayer partners.

One concrete way to listen and support one another is to have a prayer partner. We will pair off and do two things: (1) pray for one another at least once during the week, and (2) get together for lunch, dinner, or coffee, etc.

‡ **Announce:** topic for next meeting and upcoming CLC events.  
(CLC initiation)



## V. Closing Prayer (5')

Encourage members to lift up petitions for their prayer partners, then close with this:

*Loving God,*

*Let us cherish your mysterious presence in others,  
And delight in them as You do.*

*Let us look with Your eyes, to see as You see.*

*Let us feel with Your heart, to love as You love.*

*Grant us patient listening,*

*With tenderness and compassion,*

*With deep affirmation and gentle challenge.*

*We thank You for the opportunity to listen to Your Word*

*Spoken through our voices as we shared,*

*Through our partner as we listened.*

*Please help us to take the risk to give of ourselves*

*In honest conversations with one another. Amen.*



### **Spiritual Exercises / General Principles & Norms**

*For a good relationship to develop... mutual respect is very necessary... Every good Christian adopts a more positive acceptance of someone's statement... And favorable interpretation... should always be given to the other's statement (SpEx #22).*

*It is good to remember that we are always in the context of prayer... We should always try to maintain a spirit of deep reverence before God (SpEx #3).*

*Heartfelt and honest conversations with Jesus in prayer and with others in dialogue foster this intimacy with Jesus (CLC Spirituality).*

## CLC Initiation

### Purposes:

- to welcome new members into the CLC community
- to imagine how we are called to live out God's dream for us in CLC
- to experience the radical and uniqueness of CLC

**Activities:** Scavenger Hunt or Skits (alternate each year)

### Schedule (sample)

#### 6pm Dinner

- opening prayer: Acts 2:44-47
- show CLC video and discussion

#### 7pm Skit: what is unique and radical about CLC?

- instruction: purpose and procedures
- rehearsal: Life of St. Ignatius or CLC pillars
- performance
- sharing: what's unique and radical of CLC community?

#### 8pm Rite of CLC initiation

- song:
- prayer: General Principles of CLC
- pledge: commitment
- closing prayer: petition
- song:

## **Part 1: Dinner**

### **1/ Opening Prayer:**

*A Reading from the Acts of the Apostles*

All the Lord's followers often met together, and they shared everything they had. They would sell their property and possessions and give the money to whoever needed it. Day after day they met together in the temple. They broke bread together in different homes and shared their food happily and freely, while praising God. Everyone liked them, and each day the Lord added to their group others who were being saved. (Acts 2:44-47)

*Prayer: Loving God, we thank you for gathering us here tonight to welcome new members into our CLC community. Help us to experience the power of a faith community and imagine how we are called to live out your dream for us in a community at a local and global level. As the early Christians often met together and shared everything they had, may we continue living out this tradition. Amen.*

### **2/ Video: CLC way of life**

Note: during dinner, show the CLC video (Borrow a copy from the CLC office or go to the CLC website [http:// www.clcyya.org/trailer.htm](http://www.clcyya.org/trailer.htm))

*Suggested questions to share:*

1. What did you see in the video that really touched you?
2. Were there any images in particular that struck you? How did they affect you?
3. How do you see yourself fitting into this picture?
4. How do you imagine our community growing in this way of life?

## Part 2: Skits

**Materials needed:** Life of St. Ignatius & CLC pillars

### Instructions:

#### 1/ Divide all new members into 8 groups

- 5 groups: focus on the Life of St. Ignatius. There are 10 paragraphs. Each group will take 2 paragraphs and act it out. (See the Life of Ignatius in meeting #4)
- 3 groups: focus on CLC pillars. There are 3 pillars or values. Each group will take one pillar and act it out. (see the handouts in the following page)

#### 2/ Prizes: 3 criterias

- Unity
- Creativity
- Unique qualities of St. Ignatius or characteristics of CLC values

**3/ Rehearsal:** you have 10 minutes to rehearse

**4/ Performance:** after all the performances, summarize the following points...

- **What are some of the unique qualities of St. Ignatius?**
  - (1) His experiences of God: discernment of the spirits
  - (2) His outlook of God: God is still active in creating and saving the world
  - (3) His passion for mission: partnership with Jesus in building God's kingdom
- **What's unique and radical about CLC?**

**Description:** CLC is a community that helps one another discover and live out our personal vocations through community, prayer, and service.

#### **Seven distinctive characteristics of CLC@SCU**

- (1) small groups
  - (2) large group events: social, spiritual, service
  - (3) leadership opportunities
  - (4) Ignatian Spirituality
  - (5) vocation discernment
  - (6) *Cura Personalis*: care for the whole person
  - (7) International
- **Three commitments**
    - (1) weekly meetings
    - (2) pray with Ignatian Examen daily
    - (3) get involved in community services regularly

## **CLC Community: Friends in God**

### **1/ Description: from CLC Guiding Principles**

CLC is a world-wide community composed of small groups of men and women, adults and youth, of all social conditions who want to follow Jesus Christ more closely and work with him for the building of the Kingdom, and who have recognized Christian Life Community as their particular vocation within the Church.

We aim to become committed Christians in bearing witness to those human and Gospel values within the Church and society which affect the dignity of the person, the welfare of the family and the integrity of creation.

We are particularly aware of the pressing need to work for justice through a preferential option for the poor and a simple life style which expresses our freedom and solidarity ... by opening our hearts to conversion and struggling to change oppressive structures.

To prepare our members more effectively for apostolic witness and service, especially in our daily environment, we assemble people in community who feel a more urgent need to unite their human life in all its dimensions with the fullness of their Christian faith according to our charism, rooted in the Spiritual Exercises of St. Ignatius.

We seek to achieve this unity of life in response to the call of Christ from within the world in which we live. The Lord invites us to intimacy with Him, and to collaborate with Him in His mission of announcing the Good News and promoting God's Reign.

Thus, our life is essentially a calling that is personal, communal, and apostolic.

### **2/ Seven distinctive characteristics of CLC community**

- Ignatian Spirituality
- *Cura Personalis*: care for the whole person
- International
- Small groups
- Fun, welcoming
- Vocation discernment
- Apostolic: Build God's kingdom of peace and justice

## CLC Spirituality: Finding God in all things

**1/ Description:** What makes CLC different from every other way of following Christ is that CLC is Ignatian Spirituality, which is based on the Spiritual Exercises of St. Ignatius. This spirituality is a way of living in relationship with God. It is a pathway to God that embraces continual conversion of heart, deepening attachment to Christ, and striving to become more fully alive.

### 2/ Seven characteristics outline this journey

- **Finding God in All Things:** This favorite phrase of Ignatius points to an ease of finding God in each concrete situation of life. It presupposes openness to God in any experience, dramatic or dull, vital or trivial, such that we are willing to be shaped by God.

- **Intimacy with Jesus:** The *Spiritual Exercises* is a “school of the heart” which fosters a personal knowing, loving, and following of Jesus. This intimacy with our Brother and Savior brings us to a greater identification with Christ poor and humbled, crucified and risen.

- **Following the Spirit / Tracking interior movements:** The desire to become more like Jesus and find God in all things moves us, as both individuals and as a community, to listen and respond creatively to the promptings of the Spirit. This entails attentiveness to the flow of interior moods, desires or feelings and the thoughts that accompany them.

- **Serving Out of Gratitude:** The Ignatian imagination sees “all as gift.” Our very existence, natural (in)abilities, the people, and experiences that shape who we are becoming are all gifts that flow from God’s outpouring love.

- **Ordering Relationships:** Living and choosing in loving collaboration with Jesus inserts us more deeply into right relationships with others. We are called to foster just and loving relationships: to live with integrity in our calling to be “friends in the Lord,” to stand in solidarity with the oppressed, and to extend charity towards all.

- **Living in True Freedom:** Integrating the above ideals cultivates an Ignatian way of living rooted in freedom for which we are created and called. Each of us is entrusted with a unique and particular mission in life, loved into us by God. Living out this passion means living in freedom as children of God and collaborators with Christ in building up the Kingdom.

- **Making regular Retreats:** As a retreat experience, the Spiritual Exercises are a “school for conversion of heart.” The experience facilitates a rich and powerful encounter of God through reflection, prayer and Scripture that leads a person to true spiritual freedom.

## CLC Mission: Person with and for Others

### 1/ Description:

Mission is not so much something we do as it is the quality of our presence...to be Christ-bearers, like Mary. Christ's mission was not just what He did; it was who He was. His life and death revealed his Father's love for us. Like Christ, we are sent to set the world on fire with love and compassion. We are sent to build a world of peace and justice in which all people can live as sisters and brothers of a loving God. Anything that is about caring and loving is about mission.

### 2/ Seven distinctive characteristics

- **Preferential option for the poor:** includes all who are marginalized in society, including unborn children, persons with disabilities, the elderly and terminally ill, and victims of injustice and oppression.
- **Live simply** so others may simply live
- **Frontier:** go to where there is a greater need for a greater glory of God (AMDG)
- **Sent by Christ** in the Christian community
- **Solidarity:** not just doing but also being with people
- **Collaborate** with all people of good will to reveal God's presence
- **Creative fidelity** — living and promoting Gospel values in a way that speaks to our society today.



### **Part 3: Rite of CLC Initiation**

**Opening Song:** Open the Eyes of My Heart

**Reading:** *A Reading from the General Principles of CLC*

Reader 1:

Our Community is made up of Christians:  
men and women, adults and youth, of all social conditions  
who want to follow Jesus Christ more closely  
and work with him for the building of the Kingdom,  
who have recognized Christian Life Community  
as their particular vocation within the Church.

Reader 2:

We aim to become committed Christians  
in bearing witness to those human and Gospel values  
within the Church and society which affect the dignity of the person,  
the welfare of the family and the integrity of creation.

Reader 3:

We are particularly aware of the pressing need  
to work for justice through a preferential option for the poor  
and a simple life style which expresses our freedom and solidarity ... by opening  
hearts to conversion and struggling to change oppressive structures.

Reader 4:

To prepare our members more effectively  
for apostolic witness and service, especially in our daily environment, we assemble  
people in community who feel a more urgent need  
to unite their human life in all its dimensions  
with the fullness of their Christian faith  
according to our charism, rooted in the Spiritual Exercises.

Reader 5:

We seek to achieve this unity of life  
in response to the call of Christ  
from within the world in which we live.  
The Lord invites us to intimacy with Him,  
and to collaborate with Him in His mission  
of announcing the Good News and promoting God's Reign.

Reader 6:

Thus, our life is essentially a calling that is personal, communal, and apostolic.

## **CLC Pledge**

Almighty God, we, the CLC community, pledge to commit ourselves to help one another discover and live out our personal vocations. We promise to live this mission by

- Attending weekly meetings,
- Praying with the Ignatian Awareness Examen regularly,
- Getting involved in community service and social justice.

We make this pledge in your holy name. Amen.

**Closing Prayer:** invite members to voice any prayers or petitions out loud.

**Closing song**

## #6 Quarter Review



### Scripture

Jesus said to (his) disciples, “Therefore I tell you, do not worry about your life and what you will eat, or about your body and what you will wear...All the nations of the world seek for these things, and your Father knows that you need them...Instead, seek His kingdom, and these other things will be given you besides. Do not be afraid any longer, little flock, for your Father is pleased to give you the kingdom...For where your treasure is, there also will your heart be.” (Lk 12:22-34)

*Phil 1:3-6* “I give thanks to my God at every remembrance of you...”

*Thess. 5:16-18* “In all circumstances give thanks, for this is the will of God for you in Christ Jesus.”

### Introduction & Welcome (1’)

#### I. Opening Prayer (5’)

Grace: for honesty and openness to look at our lives and the way we spend our time and energy.

Use the grace or a suggested scripture above to create your own prayer, or use the one below:  
*Lord, we thank You for gathering us here. As the quarter comes to an end, our hearts are full of different emotions...excitement about Christmas break, anxiety over final exams, looking forward to going home...Help us to not to forget to be grateful for all of Your blessings in the quarter. Tonight, we pray for the grace of being honest and open as we look at our lives and the way we spend our time and energies. Amen.*

#### II. Short Check-In (5’)

#### III. Focus Exercise (40’): Time & Energy

Materials Needed: CLC Journal booklets, members’ appointment calendars; “Mid-Year Evaluation” handout.

- ✠ **Introduction:** by looking concretely at how I spend my time and energy, I can become more aware of what I am committed to and what I am passionate about. The key question is, “how have I spent my time and energy during the past quarter? ”

‡ **Exercise:** Time & Energy

Invite members to pray with the “Quarter Awareness Exercise: Time and Energy” in their journal booklets. Encourage them to imagine God sitting next to them. Use this exercise as a form of prayer for about 10 minutes.

‡ **Sharing:**

Ask members if they would like to give honest feedback (both affirmations and challenges) to each person after he/she has shared. Suggested questions to generate sharing:

1. What feelings and thoughts emerged within you during the prayer?
2. Did you gain any insights about the way you spend your time and energy? Do you see any patterns?
3. If you continue to allow your time and energy to be shaped by these priorities, what kind of person do you think you will become?
4. Did you sense any invitations from God during your prayer?

‡ **Deep Listening**

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

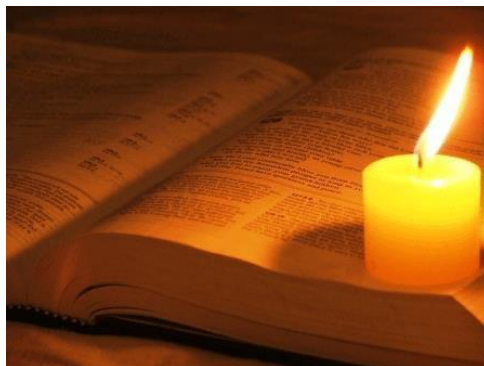
#### IV. Moving Forward (5')

‡ **Wrap-Up:** thank members for their openness and participation. Discuss the following:

1. How can I continue to grow during Christmas break? (See CLC habits in the next page for suggestions)
2. How can we continue to support one another during Christmas break?
3. If time allows, complete the “CLC Quarter Evaluation” handouts

‡ **Action:** encourage everyone to carry out their responses to wrap-up questions #1 and 2. Choose 1 or 2 CLC habits

‡ **Announce:** agree on a group meeting time and place for next quarter.



## Quarter Awareness Exercise

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### Time & Energy

*“For where your treasure is, there your heart will be also.” - Luke 12:34*

**Introduction:** By looking concretely at how I spend my time and energy, I can become more aware of what I am committed to and what I am passionate about. How have I concretely spent my time and energy during the past 3-4 months? Such consideration might help me discover what I treasure, as well as where my heart currently lies.

### **Time**

1. On which (kinds of) activities on my calendar have I spent much of my time?
2. To which (kinds of) activities have I devoted much time that are not on my calendar?
3. How much time do I have just for relaxing, vegging, hanging out, etc.?

**Energy** - What are three things I think about the most?

- 1.
- 2.
- 3.

### **Discovering My Treasure**

1. With whom are much of my time and energy spent?
2. When I look at how I spend time, what does it show me about my priorities?
3. If I continue to allow my time and energy to be shaped by these priorities, what kind of person will I become?

## **CLC Habits: living out the CLC way of life**

Choices → Actions → Habits → Character → Vocation → Mission →  
Communion with God

*How might God invite me to adopt & cultivate 1 or 2 suggested habits below?*

### **1/ Build stronger community:**

- attend all of my CLC group meetings
- be more vulnerable, honest, and real
- care and support one another with a love that
  - \*empowers – helps one another discover and develop our unique gifts
  - \*transforms – helps one another change positively
- participate in campus-wide CLC events at least once a month (BBQ, Bowling, Bonfire, etc.)
- ask someone to serve as your accountability partner to be faithful with a habit you're working on attentive and disciplined in an area of struggle or of growth

### **2/ Grow in my journey of faith:**

- pray regularly: daily Awareness Examen, quiet reflection, journaling, pray with the graces and prayer materials from CLC meetings, and other ways of praying such as Taize, eXaLT, etc.
- read the Bible or spiritual readings (10' everyday)
- participate in Sunday Worship or Mass every Sunday
- go to Confessions during Advent and Lent
- attend a spiritual retreat as a retreatant once a year
- see a spiritual director or advisor
- get enough sleep and exercise regularly

### **3/ Become a person with and for others**

- serve the poor and marginalized regularly
- reach out to the lonely and forgotten in CLC and beyond
- raise greater awareness of justice issues locally, nationally, and globally
- keep up with my studies as a way to develop my gifts for furthering God's kingdom of peace and justice
- live simply so others simply live

Daily habit: Actualize our greatest yet unused power--be the difference that makes the difference in a person's life/day!!!

*What kind of person do I want to become?*

*Who I am is God's gift to me*

*Who I become is my gift to God*



## V. Closing Prayer (5')

Pray for each other. Concretely, have each person pray for the person on his/her left. Begin by reading the following prayer...

*Happy moments, praise God  
Difficult moments, seek God  
Quiet moments, worship God  
Painful moments, trust God  
Every moment, thank God.*



### **Spiritual Exercises / General Principles & Norms**

*Love is shown more in deeds than in words (SpEx #230).*

*I beg for the gift of an intimate knowledge of all the goods which God shares with me. Filled with gratitude. I want to be empowered to respond just as totally in my love and service (SpEx #233).*

*Our vocation calls us to live this spirituality, which opens and disposes us to whatever God wishes in each concrete situation of our daily life (GP #5).*

*Truly ... (SpEx 19)*