



in caring for others

By: Ashley Henkes

What interactions with others were significant to me today?

What care and compassion did I show?

What was going on in my head during these interactions? Was I truly present?

What control do I have over the circumstances of these individuals?

Did I do all that I could in this point in time?

What can I do for tomorrow?

Prayer for Compassion

Merciful God,

Open my heart and mind to be fully present to those I interact with throughout the day.

Allow me to listen to others without passing judgement or haste to solve what I cannot change.

Give me patience and understanding and grant me grace in my shortcomings.

Be with me in times of fatigue and lift me up with the strength to carry out your compassionate love to all those I meet. Amen.

My AFMIX Experience

Submitted by: Ashley Henkes

I have thoroughly enjoyed my time in the AFMIX program here at Xavier University. Above, you will find a daily examen that I wrote during the program on caring for others. This examen was written just before COVID-19 turned our world upside down. I wrote this as a reminder to myself that there is a need to be present with people, and to care for others as whole beings. The Jesuit value of Cura Personalis became something I strived to emulate in my work. Sometimes the roommate disagreements and repeated conversations that happen with students while working in Residence Life can feel monotonous - almost like progress isn't being made. This examen helped me to take a step back, to remind myself that my work matters, and that students are learning and growing as a result of these intentional conversations that I have. This examen would come to mean even more to me after students were sent home due to the pandemic.

After writing this examen, Joe Shadle asked our cohort if we would be willing to share what we wrote, and I decided to submit what I had written. What I didn't know at that time was that my examen would have a larger impact on many people. One of my high school teachers called me to tell me that my examen was shared in her church one Sunday. I received other messages from friends on the other side of the globe who had read my examen. While I am proud my words reached audiences beyond our campus community, I am more proud to know that it resonates with so many people. If there was a lessen in COVID-19, I think we could all agree that people need people and that we shouldn't take a single moment with another human being for granted. Life is too short.

In the last semester of AFMIX, we were asked to reflect on a sign or symbol that we felt represented us and I chose the sun. I hope that my care, light, and love can be felt for all those I interact with - just as the sun does each day.