



AFMIX Reflection and Capstone project  
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AFMIX has been a wonderful experience for me. I can't believe the two years went so fast. I signed up for the program in the first weeks after starting at Xavier and the experience was more than I expected. I came to Xavier after working at another Jesuit institution and after a tough time in my personal life. Not only has this program affirmed my decision to come to Xavier, but it also deepened my understanding of the mission and gave me inspiration to take that into my life in new ways.

Participating in AFMIX not only allowed me to learn more about the history of the Jesuits and the life of Saint Ignatius but it also provided a sense of belonging. Being a new employee and working at XU during a pandemic, I have not had much chance to get to know people outside my office. AFMIX allowed me to get to know people I may never have talked with and feel part of the Xavier community.

One of my favorite parts of the program was working through the spiritual exercises with our small groups this past fall. For me, it really was as St. Ignatius says a school of the heart. It felt especially beneficial to be participating in this experience during this last year. Living through a Pandemic, during an election year, when so much seemed wrong in the world was a lot. It was a year of trying to be there for students and find creative ways to serve them while still being safe. All of this was going on while I was getting ready to have my first child. The weekly sessions even while over zoom were grounding for me and something I looked forward to each week. The program encouraged me to take time to pause, pray and notice where God was moving in my life. The weekly routine made me more aware of God in my life and helped me notice the places of consolation even in times that seemed crazy. A former coworker once said to me if I listen to the loudest voices I hear all the negative things in the world, but if I pay attention for the whispers of Grace and add them up they far outnumber the screaming. AFMIX has helped me pay more attention to those whispers of Grace in my life and my work.

For my final AFMIX project I am creating some new formation sessions for the Companion Group leaders. Companion Groups are the student led- small faith sharing groups through the CFJ and one of the main student groups I work with. At the end of last year I noticed through conversations with student leaders that they wanted to grow more in their spirituality and sense of community. Since then, my goals for this program have been to find creative ways to enhance their formation. AFMIX has inspired me to adjust some of their training sessions for next year. I

plan to incorporate some more sessions on their connection to the mission at Xavier and how they live it out in their lives. I am also inspired by AFMIX to bring in speakers from around campus, especially folks outside the CFJ, to speak about these topics as well. I really appreciated hearing from different people their connection to the mission throughout this process. I also plan to create some new sessions about different ways to pray, and reflections on God's love. This program has inspired me to now take this experience into my work with students and I look forward to seeing the fruits of this experience as I continue to sit with what I learned and how I can share that with others.