

Emma Albertz
AFMIX 13
Capstone/Reflection

The AFMIX experience is one of the most impactful experiences I've had as a Xavier staff member. I've made meaningful relationships across campus with people from different backgrounds and faiths. The program brought me joy, introspection, and a new awareness of how to see myself, spirituality, and work at Xavier.

While there are many memories, concepts, and ideas that I'll carry with me from this time, my strongest takeaway from AFMIX is from a discussion in our small group sessions. We discussed how 'to be' or 'being' is prayer. This means we can be aware of the world around us and come into prayer just as we are. We do not have to be in a holy space or the perfect mindset to communicate with God. We can find God in all things, and it is understanding that God doesn't need you to be perfect, but being with God and acknowledging God's presence is enough.

Daily Examen – 'To Be'

Take a few slow deep breaths in through your nose and out through your nose.

Take in the world around you. Acknowledge that you are in the presence of God.

Where are you?

What do you see?

What do you smell?

What do you hear?

Everything that has come to be, has come from God, including you.

Reflect on the gifts that are in your presence.

How do you feel today?

How do you see God in these gifts?

Is this easy or difficult for you?

What do you wish to feel?

Take a slow deep breath in your nose and out your mouth.

Be intentional with feeling your breath fill and exit your lungs.

Slow down your mind.

Take this notion with you as you begin or end your day.

Understand that just being, is enough.