***AFMIX, XII Capstone Reflection***

***Terri Rechtin, Montessori Lab School***

As I sit here on a beautiful Saturday afternoon in my family room all cuddled up in my favorite chair, I am reflecting on the last two years of being part of AFMIX, XII (a.k.a. X squared). When I started at Xavier four years ago, my former boss tried to convince me to participate in AFMIX but I felt a bit apprehensive and wanted to first feel the waters, get to know my job, the people I would be working with and the understanding of the university. Fast forward 2 years and she was still trying to convince me to participate and that I would never regret it. I have to be honest, when I said yes and registered, I still was a bit uncertain of my decision. I kept asking myself, how I am going to make time to be away from school every Tuesday from 12:00-1:30 pm for two years. Who is going to cover for me, am I going to fit in with everyone and do I really want to spend two years learning more about religion when I already spent 12 years of my life taking religion class in Catholic schools? Did I not already know everything I needed to know? NOPE, I did not, nor did I realize the depth of the history of St. Ignatius and the Jesuit order.

I have a much better understanding of Xavier’s vision and mission statement and how I will continue to mold this into my own life. My experience and time spent in Afmix has not only taught me how to delve deeper into my religious beliefs but how important it is to spend daily time to Examen my daily tasks, values and the importance of self-care.

In my position as the Administrative Assistant at Montessori Lab School, I interact with a wide variety of personalities between students, parents, co-workers and university employees. I have always been someone that tries to be there for others with a listening ear and to support those in need. Being in a community helps develop respect and understanding of each other and to support each other on a daily basis. I truly believe that it is very important to let kindness guide us, to leave mean words behind us and show kindness to others. Always “treat others that same way you would like them to treat you.”