

MISSION REFLECTION

on our teamwork and membership

July 13

Review our decision-making processes and our teamwork during the Pandemic

What did we learn about ourselves?

What have we learned about one another?

What have we learned about 'us'?

What has been the role of Mission Reflections in this learning? anything else?

~~~~~

### Reviewing Our Teamwork During COVID: An Ignatian Examen

#### (1) Review the past 4 months in thanksgiving.

*I am especially grateful for:*

#### (2) Reflect on the past 4 months.

*An event that took place...*

*An interaction that happened....*

*A particular (DR) meeting...*

*My highlights were:*

*My lowlights or shadows were:*

#### (3) Review the feelings in the replay of the past 4 months.

*I felt close to God when we:*

*I was in consolation when I:*

*I felt joyful, warm-hearted, comforted, and/or helpful when:*

*I felt further from God when:*

*I was in desolation when:*

*I felt challenge, anger, shame, guilt, anxiety, and/or depression when:*

#### (4) Today, select one of the situations and feelings what was learned?

*What have I learned?*

*about my response?*

*me?*

*me as a team member?*

*us?*

*Ask God for forgiveness if you have feelings of regret, distress, guilt*

#### (5) Look toward next semester.

*How do I want to respond in the future?*

*How will I implement my response?*

*With what spirit do I want to enter the next semester?*

*Ask for a grace from God., tell God what you want.*