**Weekly Dose of Joy**

For my AFMIX project, I chose to send out what I call a “Weekly Dose of Joy” to my staff. My greatest take away from AFMIX was the community we formed united in Xavier’s mission and I wanted to share some reflections, prayers and little bits of joy that I felt could help my staff reflect on our community, our shared vocations and our shared mission of supporting our students. Below are some of those doses of joy.

* Mike Garcia, Admissions

**Post 1**

Hi team

I hope you all are well. I have been meaning to send this for a while now, but I thought it would be nice to share some reflections and meditations that foster positivity and joy and relate to our mission at Xavier. This is in part for my AFMIX program but also because I love how mindfulness can bring out the best in life.

I will be sending out a weekly boost of positivity through this email thread. Let me know if you would like to opt out.

This week I heard an amazing song by Patty Griffin called Heavenly Day and I couldn’t help but feel revitalized and happy.

Check it out below and thanks for being the incredible rock stars you all are.

M

<https://youtu.be/QZJjjdjIe14>

**Post 2**

Hi team,

As I gave the presentation for prospective families this week, a parent asked me what makes a Xavier education different than any other and I responded how I usually do; that at Xavier, we work to bring out the best in our students so that they can one day go out into the world and bring out the best in others. That is at the core of the Ignatian tradition and education and below is a prayer (often accredited to Archbishop Oscar Romero but certainly in line with our mission at Xavier) that I sometimes think of when I think of the work we do. I hope this helps you reflect and find strength to continue to support our students.

It helps, now and then, to step back and take a long view.   
  
The kingdom is not only beyond our efforts, it is even beyond our vision.  
  
We accomplish in our lifetime only a tiny fraction of the magnificent  
enterprise that is God's work. Nothing we do is complete, which is a way of  
saying that the Kingdom always lies beyond us.  
  
No statement says all that could be said.  
  
No prayer fully expresses our faith.  
  
No confession brings perfection.  
  
No pastoral visit brings wholeness.  
  
No program accomplishes the Church's mission.  
  
No set of goals and objectives includes everything.  
  
This is what we are about.  
  
We plant the seeds that one day will grow.  
  
We water seeds already planted, knowing that they hold future promise.  
  
We lay foundations that will need further development.  
  
We provide yeast that produces far beyond our capabilities.  
  
We cannot do everything, and there is a sense of liberation in realizing that.  
  
This enables us to do something, and to do it very well.  
  
It may be incomplete, but it is a beginning, a step along the way, an  
opportunity for the Lord's grace to enter and do the rest.  
  
We may never see the end results, but that is the difference between the master  
builder and the worker.  
  
We are workers, not master builders; ministers, not messiahs.  
  
We are prophets of a future not our own.

* Cardinal Dearden

**Post 3**

Hello team,

I was reflecting on our office this week and had so many moments of gratitude for the team we have. To our new counselors, Kelly and Rachel, our staff now feels complete with you two in the office and that is such a gift as we head into the Spring recruitment season.

Your joy dose this week comes from one of the greatest films of all time, The Goofy Movie. It’s the song  “I2I” by Tevin Campbell and let’s be real, how can you not be energized and happy when you hear this song. I also think it gets to the core of why our team is so strong! Follow the link below to hear it.

Enjoy and have a great weekend everyone.

#BEATUC!!!!!!!!!

#letsgox

<https://www.youtube.com/watch?v=9ojM0N_EhMU&t=104s>

**Yeah, Yeah!**

**Hey Yeah!**

**I've got myself a notion**

**It's one I know that you'll understand**

**To set the world in motion**

**By reaching out for each other's hands**

**Maybe we'll discover**

**What we should have known all along!**

**Yeah**

**One way or another**

**Together's where we both belong!**

**(CHORUS)**

**If we listen to each other's heart**

**We’ll find we’re never too far apart**

**And maybe love is the reason why**

**For the first time ever we're seeing it, I 2 I!**

**If a wall should come between us**

**Too high to climb, too hard to break through**

**I know that love will lead us**

**And find a way to bring me to you**

**So don't be in a hurry**

**Think before you count us out, ho!**

**You don't have to worry**

**I won't ever let you down!**

**(Nothing's gonna stop us now!)**

**(CHORUS)**

**If we listen to each other's heart**

**We’ll find we’re never too far apart**

**And maybe love is the reason why**

**For the first time ever we're seeing it, I 2 I!**

**(Seeing it I 2 I!) Yes we are!**

**(Seeing it I 2 I!)**

**If you're ever lonely, STOP!**

**You don't have to be**

**After all, it's only a beat away from you to me**

**(Take a look inside and see.)**

**Yeaaaaah!**

**(CHORUS)**

**If we listen to each other's heart**

**We'll find we're never too far apart**

**And maybe love is the reason why**

**For the first time ever, we're seeing it I 2 I**

**(Seeing it, I 2 I!)**

**Seeing it, I 2 I, baby!**

**(For the first time!)**

**(For the first time!)**

**(I 2 I)**

**(Seeing it, baby!)**

**(Seeing it, I 2 I!)**

**YEAH!**

**(I 2 I!)**

**Post 4**

Hi team,

I recently received a very kind email from the father of a student who has decided to go elsewhere next year. It is always a tough thing to see students go on a different path but to receive a note like this means a lot and helps remind me of why I do what I do and why that is a blessing.

He asked that I share his gratitude with the whole staff for the work we do. Here it is:

*Good evening.  I wanted to reach out in sincere gratitude for the admission and scholarship offer to my daughter.  As an alumni, I’m proud of the great work you do in helping identify talented young people to carry on the rich tradition of Xavier.  By now you probably received Sara’s email informing the admissions department of her intention to attend another university.  As you well know this is not always an easy decision for young people to make.  And while I deeply respect and support her decision, I would be remiss if I didn’t acknowledge the efforts you and your staff have gone to in order to impress her.  You guys are awesome!   Please pass along to Fr. Graham and your other colleagues my words of thankfulness and complement.  You all are an asset to the school and I know Xavier will continue to flourish in the years to come.*

*As always if there is ever anything I can do to assist from an alumni perspective, consider me a resource.*

*God bless you and thank you.*

I hope this brightens (and warms!) your day as we head into what is bound to be an epic Spring recruitment season!

ALL FOR ONE!

-m

**Post 5**

Hi team,

One of the practices we learn from our Ignatian tradition is called the Daily Examen. Some of you may have done this before but it is a exercise that calls us to take a step back and reflect on our lives and God’s presence in it. I have created one to help us reflect on the X’s mission as we welcome the newest generation of Xavier Musketeers.

While doing this, listen to the song Cathedral Pines by Eugene Friesen: <https://www.youtube.com/watch?v=YqRkRBauXbg>

Now find a quiet place where you can take a few minutes to do the Examen

1. First reflect on your work today and this week. How have you seen God in the interactions you have had with your staff and the students you work with?
2. Take a minute to offer a few thoughts or words of gratitude for that moments.
3. Now look inward and reflect on where you are emotionally and mentally. Are you calm, are you stressed, are you at peace? Sit with those emotions and try to understand them.
4. Now that you are holding those emotions close, offer a word of support and positivity to yourself and who you will be tomorrow.
5. And lastly, imagine tomorrow and let yourself know that you will have a positive impact in the lives of others – your family, your friends, your staff, and the students we are working to support.
6. Now breathe and go forth with your day.