

Examen of Conscience

1. Acknowledge to God the gift of love and grace
2. Pray for an increased awareness of how God is guiding and shaping your life and sensitivity to God's movement throughout the day
3. Remember the events of your day in chronological order, beginning with when you awoke and ending with preparation for this prayer. Reflect on God's presence in the events of the day, including feelings, thoughts, body sensations, etc.
4. Pray for forgiveness and healing for the event that most particularly needs it.
5. Entrust yourself to God's care and affirm that you receive the gifts that you desire most. Affirm that God desires you what you most want and need.

Pray:

Take, Lord, and receive all my liberty,
My memory, my understanding, and my entire will.
All I have and call my own.
Whatever I have or hold, you have given me.
I restore it all to you and surrender it wholly
To be governed by your will.
Give me only your love and grace
And I am rich enough and ask for nothing more.

JAMAICA 2012

**Arrupe immersion Program
College of the Holy Cross**



**Live for yourself and
you will live in vain;
Live for others, and
you will live again.**

- Bob Marley

**Fall in love.
Stay in love.
It will decide everything.**

To say yes to life is at one and the same time to say yes to oneself.
- BacHammaesejal

What you have to decide... is how you want your life to be. If your
forever was ending tomorrow, would this be how you'd want to
have spent it? Listen, the truth is, nothing is guaranteed, you know
that more than anybody. So don't be afraid, be alive.
- Sarah Desser

I invite you to discover your vocation in downward mobility. It's a
scary request... The world is obsessed with wealth and security and
upward mobility and prestige. But let us teach solidarity, walking
with the victims, serving and loving. I offer this for you to consider
downward mobility... And I would say in this enterprise there is a
great deal of hope.

Have the **courage** to lose control. Have the **courage** to feel useless.
Have the **courage** to listen. Have the **courage** to receive. Have the
courage to let your heart be broken. Have the **courage** to feel. Have
the **courage** to fall in love. Have the **courage** to get ruined for life.
Have the **courage** to make a friend.
- Dean Brackley, S.J.

Reflection Before Traveling:-

- What are you hoping to gain from this experience?
- We have learned about Jamaica, the people, culture and politics,
as well as poverty and health problems. How has learning
about Jamaica affected you? Are you nervous, excited,
wanting to learn more, etc.?
- Think about all of the steps that have led up to this trip.
Consider your emotions and mindset from when you first applied,
the first meeting, this past semester, and this very moment. How
has this path prepared you for the challenges that lie ahead, and
how will you best incorporate what you have learned in these next
few days?

Final Notations

Adrienne Rich

It will not be simple, it will not be long
 It will take little time, it will take all your thought
 It will take all your heart, it will take all your breath
 It will be short, it will not be simple

It will touch through your ribs, it will take all your heart
 It will not be long, it will occupy your thought
 As a city is occupied, as a bed is occupied
 It will take all your flesh, it will not be simple

You are coming into us who cannot withstand you
 You are coming into us who never wanted to withstand you
 You are taking parts of us into places never planned
 You are going far away with pieces of our lives

It will be short, it will take all your breath
 It will not be simple, it will become your will

Monday, May 28th• **Depart from HC→ Boston→ Miami→ Kingston**

My Lord God,
 I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.
 Amen.

- Thomas Merton, "Thoughts in Solitude"

Loving God,

Open our eyes that we may see the needs of others;
 Open our ears that we may hear their cries;
 Open our hearts so that they will know they are not alone.

Let us not be afraid to defend the weak because of the anger of the strong. Let us not be afraid to defend the poor because of the fear of the rich.

Show us where love and hope and faith are needed, and use us to bring them to those places.

And so open our eyes and our ears that we may in these coming days be able to do some work of peace for You. Open our minds that we may not forget; Open our hearts to be agents of Your peace for all of our days.

Amen.

Arrival & Orientation

- Welcome Talk / Introduction to Jamaican Volunteer Foundation by Mr. Peter Stewart
- Community Reflection

Nothing is more practical than finding God, that is, than falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything.

It will decide what will get you out of bed in the morning, what you will do with your evenings, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude.

Fall in love. Stay in love. It will decide everything.

- Pedro Arrupe, S.J.

Matthew 14:22-32

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

"Lord, if it's you," Peter replied, "tell me to come to you on the water."

"Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

Immediately Jesus reached out his hand and caught him.

"You of little faith," he said, "why did you doubt?"

And when they climbed into the boat, the wind died down.

POST IMMERSION REFLECTION

Why do you suppose this is significant for you? Why do you think this still stands out so prominently in your memory?

What do you think this means?

Go forth in peace. Be still within yourself, and know that the trail is beautiful. May the winds be gentle upon your face, and your direction be straight and true as the flight of the eagle. Walk in beauty and harmony with God and all people.

- A Navaho Blessing

POST-IMMERSION REFLECTION:

What moments from your experience stand out most prominently and most significantly? Who or what made a strong impression on you? What about this person, these people, this place, this moment struck you the most?

When I die, I will send down a shower of
roses from the heavens, I will spend my
heaven by doing good on earth.
—St. Thérèse de Lisieux

Reflection:

In response to the call from Jesus, we have all decided to leave the comfort of our boats to do something extraordinary. We have heard the call to be fully human, to be totally free. We have heard the call to travel to Jamaica.

- How do you hear this call as we begin this journey?
- What fears are you aware of in yourself?
- Offer a prayer for greater trust – in God, in the experience, in yourself.

“May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received, and pass on the love
that has been given to you.
May you be content knowing you are a child of God.
Let this presence settle into your bones, and allow your soul the
freedom to sing, dance, praise and love.
It is there for each and every one of us.”
—St. Thérèse de Lisieux

Tuesday, May 29th – First Day at the Sites

- **Speaker Fabian Brown**
- **Community Reflection**

*“Do you realize
that Jesus is there
in the tabernacle
expressly for you-
for you alone? He
burns with the
desire to come into
your heart...
—St. Thérèse de Lisieux*

1 John 4:11-16

11 Dear friends, since God so loved us, we also ought to love one another. 12 No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

13 This is how we know that we live in him and he in us: He has given us of his Spirit. 14 And we have seen and testify that the Father has sent his Son to be the Savior of the world. 15 If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. 16 And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them.

Do not wait for leaders; do it alone, person to person.

- Mother Teresa

Life's most persistent and urgent question is,
What are you doing for others?
- Martin Luther King, Jr.

We will not be satisfied until justice rolls down
like water, and righteousness like a mighty
stream. - MLK

- Sites
- Community Reflection

God of peace, let your people know, that at the heart of turbulence there is an inner calm that comes from faith in you. Keep us from being content with things as they are, that from this central peace there may come a creative compassion, a thirst for justice, and a willingness to give of ourselves in the spirit of Christ. Amen.

- A New Zealand Prayer Book

The Long View, John Cardinal Deardon

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.

Amen.

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.

- Margaret Mead

Most men worry about their own bellies, and other people's souls, when we all ought to be worried about our own souls, and other people's bellies.

- Rabbi Israel Salanter

When you pray, move your feet.

- African proverb

We must be willing to let go of the life we have
planned, so as to have the
life that is waiting for us.

- Joseph Campbell

**GOD'S STORY IS REVEALED IN
OUR STORY AND IN A MYRIAD
IN MYSTERIOUS WAYS. EACH OF
US IS THE PEN WITH WHICH GOD
IS WRITING A FIFTH GOSPEL.**

- JUDITH SIQUERIA

To give is something of the heart, not riches.

- East African Proverb

Thursday, May 31st

- Sites
- Bob Marley Museum
- Speaker: Angela Stulz
- Community Reflection

Jesus said to his disciples: “When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left.

Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’

Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’

And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of the least brothers of mine, you did for me.’ Then he will say to those on his left, ‘Depart from me, you accursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did no care for me.’ Then they will answer and say, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and no minister to your needs?’

He will answer them, ‘Amen, I say to you, what you did not do for one of these least ones, you did not for me.’ And these will go off to eternal punishment, but the righteous to eternal life.”

The Gospel of the Lord.

Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.

—St. Thérèse de Lisieux

For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.

—St. Thérèse de Lisieux

HOPE IS THE THING WITH FEATHER
 THAT PERCHES IN THE SOUL.
 AND SINGS THE TUNE WITHOUT THE WORDS.
 AND NEVER STOPS AT ALL.

AND SWEETEST IN THE GALE IS HEARD.
 AND SORE MUST BE THE STORM
 THAT COULD ABASH THE LITTLE BIRD
 THAT KEPT SO MANY WARM.

I'VE HEARD IT IN THE CHILLEST LAND.
 AND ON THE STRANGEST SEA.
 YET, NEVER, IN EXTREMITY,
 HAS IT ASKED A CRUMB OF ME.

-EMILY DICKINSON

God give me the grace each
 day to become who I am,
 and that I should always
 remember whose I am.
 - Deacon Flannery

Friday, June 1st

- **Happy 24th Birthday Isabelle!!!**
- **Sites**
- **Community Reflection**

In the course of history, there comes a time when humanity is called to shift to a new level of consciousness, to reach a higher moral ground. A time when we have to shed our fear and give hope to each other.

- WangariMaathai

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

- Gandhi

Those of us who have been privileged to receive education, skills, and experiences and even power must be role models for the next generation of leadership.

- WangariMaathai

**Prayer is not asking
for what you think you
want, but *asking to be
changed in ways you
can't imagine.***

- Kathleen Norris

I am a little pencil in the hand
of a writing God who is sending a
love letter to the world.
- Mother Teresa

We are called to put off the old
person and to put on Christ,
whose nature is simply love itself.

We are living in a world that is
charged with the presence and
reality of God. Jesus said that he
came that we might have life and
have it in abundance!

St. John of the Cross says, "where
there is no love, put love, and you
will draw love out."

I am only one, but still I am one. I cannot do
everything, but still I can do something. I
will not refuse to do the something I can do.
- Helen Keller

Saturday, June 2nd

- **All to Mother Teresa's**
- **Hiking in the Blue Mountains**
- **Community Reflection**

Do not withhold good from those who deserve it, when it is in your power to act.

- Proverb 32

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality.

- Tutu

Mark 8:22-26

They came to Bethsaida, and some people brought a blind man and begged Jesus to touch him. He took the blind man by the hand and led him outside the village. When he has spit on the man's eyes and put his hands on him, Jesus asked, "Do you see anything?" He looked up and said, "I see people; they look like trees walking around." Once more, Jesus put his hands on the man's eyes. When his eyes were opened, his sight was restored, and he saw everything clearly. Jesus sent him home, saying, "Don't go into the village."

REFLECTION: The act of Christ, giving sight to the blind, is a gritty, hands-on business. Using spit, Christ massaged away the grime and dirt of the blind man's eyes. Imagine what it would be like to do that to another, imagine what it would be like to have that done to you.

We say that we see the face of Christ in the poor and suffering. We say we see the love of Christ in the marginalized and the oppressed. Through our experiences, we have been given the opportunity for new sight.

"One life on this earth is all we get, whether it is enough or not enough, and the obvious conclusion would seem to be that at the very least we are fools if we do not *live it as fully and bravely and beautifully as we can.*"

- Frederick Buechner

"Tell me, what is it you plan to do with your one wild and precious life?"

- Mary Oliver

My humanity is bound up in yours, for we can only
be human together.
- Archbishop Desmond Tutu

The only thing that counts is faith expressing itself in love.
- Galatians 5:6

REFLECTION:

Spend some time thinking about the things that you have seen in the last few days, and answer the following questions:

- What do you now see that you might have been blind to before? What do you see differently, what do you see the same?
- In what ways have your eyes been opened by the people we have met? The places we've seen? The moments we've shared?
- How does this newfound sense of sight challenge you?
- What does it call you to do?
- Who does it call you to be?

Sunday, June 3rd

- **Mass at Aquinas Center**
- **Devon House for Ice Cream**
- **View from Beverly Hills of Kingston**
- **Community Reflection**

"My whole strength lies in prayer and sacrifice, these are my invincible arms; they can move hearts far better than words, I know it by experience."

—St. Thérèse de Lisieux

I don't preach a social gospel; I preach the Gospel, period. The gospel of our Lord Jesus Christ is concerned for the whole person. When people were hungry, Jesus didn't say, "Now is that political or social?" He said, "I feed you." Because the good news to a hungry person is bread.
- Tutu

Do all the good you can,
By all the means to can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

Do your little bit of good where you are; its those little bits of good put together that overwhelm the world.

- Archbishop Desmond Tutu

May today there be peace within.

*May you trust God that you are exactly
where you are meant to be.*

*May you not forget the infinite possibilities that are
born of faith.*

*May you use those gifts that you have received, and pass on
the love that has been given to you.*

May you be content knowing you are a child of God.

*Let this presence settle into your bones, and allow your soul the
freedom to sing, dance, praise and love.*

It is there for each and every one of us.

—St. Thérèse de Lisieux

Wednesday, June 6th

- Fly home from Kingston

Our deepest fear is not that we are inadequate. Our deepest fear is that we are *powerful beyond measure*.

It is our *light*, not our darkness that most frightens us.

We ask ourselves, *Who am I to be brilliant, gorgeous, talented, fabulous?* Actually, who are you *not* to be?

You are a child of God.

Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

- Marianne Williamson

“A word or a smile is often enough to put fresh life in a despondent soul.”

—St. Thérèse de Lisieux

Ephesians 3:16-19

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Monday, June 4th

- Sites
- Visit to the Craft Market
- Dinner out at Gloria's
- Community Reflection

"Without love, deeds, even the most brilliant, count as nothing."

— St. Thérèse de Lisieux

James 2: 14-18**Faith and Deeds**

14 What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them?

15 Suppose a brother or a sister is without clothes and daily food. **16** If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? **17** In the same way, faith by itself, if it is not accompanied by action, is dead.

18 But someone will say, "You have faith; I have deeds."

Show me your faith without deeds, and I will show you my faith by my deeds.

"I Saw What I Saw" by Sara Groves

I saw what I saw and I can't forget it
 I heard what I heard and I can't go back
 I know what I know and I can't deny it,
 Something on the road, cut me to the soul.
 Your pain has changed me
 your dream inspires
 your face a memory
 your hope a fire
 your courage asks me what I'm afraid of
 what I am made of
 and what I know of love

We've done what we've done and we can't erase it
 We are what we are and it's more than enough
 We have what we have but it's no substitution

Something on the road, touched my very soul

I say what I say with no hesitation
 I have what I have and I'm giving it up
 I do what I do with deep conviction

Something on the road, changed my world

Prayer for Generosity

Lord, teach me to be generous.
Teach me to serve you as you deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward,
save that of knowing that I do your will.

- St. Ignatius of Loyola

Prayer for Compassion

Oh God, I wish from now onto be the first
to become conscious of all that the world
loves, pursues, and suffers; I want to be
the first to seek, to sympathize and to
suffer; the first to unfold and sacrifice
myself. To become more widely
human and more nobly of the
earth than any of the world's servants.

—Pierre Teilhard de Chardin SJ

REFLECTION:

- What is your understanding of faith?
- How can we show our faith by our deeds?
- What can you do to make sure that this experience in Jamaica is an action of faith?
- How can we continue it back at home?

Tuesday, June 5th

- Beach day at Lime Caye
- Lunch we buy ourselves
- Community Reflection

The kingdom is a gift, a grace of God, but also a demand made upon us. Accepting the kingdom of God means refusing to accept a world that promotes or tolerates the premature and unjust deaths of the poor. It means rejecting the hypocrisy of a society that elementary rights of the poor. It means rejecting the cynicism of the powerful of this world. To be a disciple means proclaiming the liberation of captives and the evangelization of the poor and lifting the hopes of a people that suffers age-old injustice.

- Gustavo Gutierrez

God's Love

God's love shines down on me like the light rays of the sun, God's love is poured forth lavishly like a fountain Spilling forth its waters in an unending stream. God's delight and joy is to be with the ones called God's children - to be with me. God cannot do enough to speak out and show love for me, Ever calling me to a fuller and better life, a sharing in divine life.

Micah 6

And what does the LORD require of you? To act justly and
to love mercy and
to walk humbly with your God.

Romans 12: 9-18, 21

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not be overcome by evil, but overcome evil with good.

Putting Love into Practice

**"Love consists in sharing what one has and what one is with those one loves. Love ought to show itself in deeds more than in words."
"I ask the Father to give me an intimate knowledge of the many gifts I have received, that filled with gratitude for all, I may in all things love and serve the Divine Majesty."**

~From the Spiritual Exercises of St. Ignatius