

**Step #2-5 Revisited:** Here's an alternate method to the one above. Take your clothes into the shower with you, soap them up, kneed them and leave them in a soapy ball while you shower. After you are clean, rinse off your clothes.

**Step #7: Dry your clothes.** Wring out as much water as possible from your clothes and hang them to dry using your clothes-line, a balcony railing or anything else appropriate. Clothes dry MUCH better if they are in the sun.

**Step #8: The smell test.** Smell your clothes when they are dry. Do they smell wearable? If not, repeat entire process. \*I have never been able to successfully wash my clothes this way more than 2 times before they need to go in the washing machine.

**THANK YOU**  
FOR PARTICIPATING ON THIS  
IMMERSION EXPERIENCE.

MY PRAYER IS THAT  
GOD WILL BLESS YOU  
**TEN-FOLD**  
IN GRACES AND INSIGHTS  
FOR WHAT YOU HAVE GIVEN.



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## LEADING YOUR TEAM IN REFLECTION



You are going to be busy, tired and overwhelmed when you go abroad on this Service-Immersion Experience. At the end of the day, you are probably going to want to sleep and relax more than anything else. However, we are asking you to commit to processing your experiences together as a group each night through intentional reflection times. The reason for this is quite simple. The seeds that are being planted in you in your weeks abroad need to fall on rich and ready soil. **You need to do some digging into your minds and hearts in order to allow what you see and hear and feel each day to transform you in a fundamental way.**

While there is no one way to lead your team in reflection, having a format to follow sometimes helps people plan what to do. The following is a very simple format that works in every situation:

**1. Opening Prayer** - Start with an opening prayer that you made up or found in this reflection booklet. Starting off your reflection session with a prayer sets the tone and brings everyone together.

**2. Highs and Lows** - Go around in a circle and let everyone on your team share their “high” and “low” for the day. This gets your entire team talking and reflecting. You can also modify this easily to suit a particular question. For example, “Where did you see God today? Where did you feel God was absent?” or “What moved you most today?”

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## HOW TO HAND WASH YOUR CLOTHES

*In most countries where we will be traveling, you will need to hand wash at least some of your clothes during your time abroad. Here is a quick tutorial on how to do this! Please adapt it to your unique situation.*

**Step #1: Find laundry soap.** In some countries you can purchase a “ball of soap” designed for hand washing clothes. In others, you can purchase a powdered detergent like Tide. Or you might have packed laundry detergent or a soap that can be used on clothes as well as your body, like Dr. Bronner’s Soap.

**Step #2: Get those clothes wet.** Put some of your dirty clothes into a sink or bucket and fill it up with water along with about 10 drops of liquid soap or a bit of powdered soap. This does not sound like a lot of soap, but it is highly concentrated so you don’t need much. You might not be able to fit all your dirty clothes into this at once and so will need to repeat this for your next “load”. (If you are using a bathroom sink, you can “plug” the drain with a piece of plastic if there is no stopper).

**Step #3: Be like a washing machine.** Knead your clothes like they are a bread dough for about 2-3 minutes in the soapy water. Be sure to tackle any specific stains at this point.

**Step #4: Soak your clothes.** Soak your clothes in the soapy water for about 10 minutes. Do not try to skip this step – it is amazing what a little soak can do for smells.

**Step #5: Rinse your clothes.** Hold your clothes under running water or fill up a clean bucket/sink with water to attempt removing the soap from them. This might take a while – but be sure to get all the soap out or when your clothes dry they will be stiff and crinkly. *\*Note – do not try to wash your bath towel unless absolutely necessary, because it is virtually impossible to rinse the soap out of it.*

# PRAYERS IN POLISH

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## *Our Father*

Ojcze Nasz, któryś jest w niebiesiech  
święć się imię twoje;  
przyjdź królestwo twoje,  
bądź wola twoja,  
jako w niebie tak i na ziemi.  
Chleba naszego powszedniego daj nam dzisiaj,  
i odpuść nam nasze winy,  
jako i my odpuszczamy naszym winowajcom.  
I nie wódź nas w pokuszenie,  
ale nas zbaw ode złego  
Amen

## *Hail Mary*

Zdrowas Mario, laskis pelna  
Pan z Toba,  
Błogosławionas Ty między niewiastami  
I błogosławiony  
Owoc sywota Twojego Jezus

Swienta Mario, Matko Boza,  
Modl sie za nami gresznymi teraz  
I w godzinie Smierci naszej.

## *Glory Be to the Father*

Chwała Ojcu I Synowi I Duchowi  
Swietemu jak byla na poczatku,  
Teraz I zawsze I na wieki wiekow.  
Amen

Canisius College



**3. Ask for any Prayers of Intercession.** After everyone has remembered different people who have touched them throughout the day, it is important to give your team an opportunity to pray for those people. Let each person speak as they feel moved, ending with “Let us pray to the Lord.” For example, someone might say “God, please watch over Juanita, who is struggling to feed her family, let us pray to the Lord.” Everyone responds with, “Lord, hear our prayer.” When people have no further prayers to offer, the leader closes this segment of the Reflection by saying, “God, please hear all these prayers and the prayers we hold in the silence of our hearts. Amen.”

**4. Reflection Activity** – This is the part of the Reflection Session when the leaders come up with a special theme or topic for the group to reflect upon. There is no right way to do it – just be creative! It is helpful to try to touch on one or more of the following questions which stem out of the philosophy behind the Pastoral Circle:

- a. **WHAT** did you see today? (the immersion question)
- b. **WHY** do you think this is happening here? (the social justice question)
- c. **WHY does this matter?** WHY should we care? (the spiritual question) This is a time to use the resources of our faith tradition or ethical demands to discuss how we should approach the situation.
- d. **WHAT (if anything) can we do** about it? (the action question) Often times, people may be uncomfortable sharing at first. Lead the way by being the first to open up and be vulnerable about your thoughts and feelings. Model the depth that you would like others to share with. If people are truly stuck on how to lead, there are plenty of ideas in the pages that follow to help them get started.

**5. Closing Prayer** - End your reflection with a prayer that you created, or look in your folder under “Prayers to Reflect on While Abroad”.

**6. End with Hugs!**



## QUESTIONS TO SPUR GOOD REFLECTION

Some people might feel nervous about the idea of leading the team in reflection – especially the “Reflection Activity” portion. However, often all it takes is a good question to start the team on an important, insightful reflection together. The main questions stemming out of the philosophy of the Pastoral Circle on the previous page are a good place to start. However, there are many good questions to pose to your teammates as a starter for reflection. If team members are struggling to develop their reflection night, please review the following questions with them as suggestions:

- Why am I here? Why did you join this team?
- What is important to me?
- Where do I come from? Who are my personal heroes?
- Did I experience anything today that bothered me? Why?
- What emotion did I feel the most today? On the trip overall?
  - What is triggering it?
- How do my values and experiences as a part of a certain cultural, racial, ethnic, religious group, etc. shape what I see and hear?
- What are the barriers that prevent me from changing based on this experience?
- How am I a part of the problem I am learning about? How have I worked or how can I work to be a part of the solution?
- Have I found it easy to relate to the people we have met here?
  - Why or why not?
- How do you think our Canisius team has been perceived by the people here?
- What gifts can I offer the people here? What gifts are they giving me?
- What am I learning most about myself from this experience?
- What issue am I learning most about?



## Ordinario De La Misa (*Order of the mass*)

### La Paz (The Peace)

La paz del Señor este siempre con vosotros.

Todos: **Y con tu espíritu.**

**Cordero de Dios, que quitas el pecado del mundo,  
Ten piedad de nosotros.**

**Cordero de Dios, que quitas el pecado del mundo,  
Ten piedad de nosotros.**

**Cordero de Dios, que quitas el pecado del mundo,  
Danos la paz.**

Estes es el Cordero de Dios,  
Que quita el pecado del mundo.  
Dichosos los invitados a la cena del Señor.

**Señor, no soy digno**

**De que entres en mi casa.**

**Pero una palabra tuya**

**Bastara para sanarme.**

### Comunion (Communion)

El Cuerpo de Cristo. **Todos: Amen**

La Sangre de Cristo. **Todos: Amen.**

.....

El Señor este con vosotros. **Todos: Y con tu espíritu.**

La bendición de Dios todopoderoso,

Padre, Hijo y Espíritu Santo,

**Descienda sobre vosotros. Todos: Amen**

Podéis ir en paz.

**Todos: Demos gracias a Dios.**

### *Hail Mary*

Dios te salve, María llena eres de gracia,  
El Señor es contigo.

Bendita tu eres entre todas las mujeres,  
Y bendito es el fruto de tu vientre, Jesús.

Santa María, Madre de Dios,  
Ruega por nosotros, pecadores,  
Ahora y en la hora de nuestra muerte.  
Amen.



Y esta sentado a la derecha del Padre;  
 Y de Nuevo vendra con Gloria  
 Para juzgar a vivos y muertos,  
 Y su reino no tendra fin.  
 Creo en el Espiritu Santo,  
 Senor y dador de vida,  
 Que procede del Padre y del Hijo  
 Que con el Padre y el Hijo  
 Recibe una misma adoracion y Gloria  
 Y que hablo por los profetas.  
 Creo en la Iglesia,  
 Que es una, santa, catolica y apostolica.  
 Confieso que hay un solo bautismo para el perdon de  
 los pecados.  
 Espero la resurreccion de los muertos  
 Y la vida del mundo futuro.  
 Amen.

.....

### Liturgia Eucarista (Liturgy of the Eucharist)

El Senor este con vosotros.  
**Todos: Y con tu espiritu.**  
 Levantemos el corazon.  
**Todos: Lo tenemos levantado hacia el Senor.**  
 Demos gracias al Senor, nuestro Dios.  
**Todos: Es justo y necesario.**

.....

**Todos: Santo, Santo, Santo es el Senor, Dios del Universo. Llenos  
 estan el cielo y la tierra de tu gloria. Hosanna en el cielo. Bendito el  
 que viene en nombre del Senor. Hosana en el cielo.**

### Padre Nuestro (Our Father) *De Pie (Stand)*

Padre nuestro, que estas en el cielo, Santificado sea tu Nombre;  
 Venga a nosotros tu reino;  
 Hagase tu voluntad en la tierra como en el cielo.  
 Danos hoy nuestras ofensas, como tambien nosotros perdonamos  
 A los que nos ofenden; No nos dejes caer en la tentacion,  
 Y libranos del mal. . .Tuyo es el reino,  
 Tuyo el poder y la gloria, por siempre, Senor. AMEN



How has this immersion experience “changed my perspective”?  
 Mahatma Gandhi said, “Poverty is the worst form of violence.” Do you agree?  
 “Living simply so that others might live” is a common expression to advocate for the living of a more just lifestyle.  
 What do you think living simply means? Is this important?  
 Where can I draw hope and strength from? How does God fit in to what I am experiencing?  
 Do the things you are experiencing challenge or strengthen your faith? Or both?  
 What signs of hope exist here?  
 What are the social and political roots of the problems we are witnessing? What are the possible solutions?  
 Do you believe your lifestyle affects the poor? If so, how?  
 Who holds power in this society?  
 In what ways can I become an advocate on behalf of the powerless?  
 How can we as a group become empowered for change?  
 What can you bring home from this experience and incorporate it into your everyday life?  
 What institution or agency holds the most hope for changing the current situation?  
 Name some concrete ways you will continue to work for justice when you return home.  
 Do you feel as though you have given more than you received or vice versa? How?  
 Has this experience changed your hopes and goals for the future? In what ways?  
 People will ask you to describe this experience – but you might only be given a sentence or a minute to do so. How would you respond? What sentence would you use?  
 How would you describe it in 5 sentences? Write it down and share!  
 How do you feel God might want you to be different because of this week?



## HIGHLY RECOMMENDED REFLECTION EXERCISES

While all reflections are good, we have found some to be particularly timely and poignant across all our trips. We suggest them to you here and ask that you try to incorporate as many of them into the reflections as possible:

### At the Beginning of your Trip

**-Hopes and Fears:** Focus on what people are hoping for the most during their time away and what they are also most fearful of in their experiences. \*Good first day exercise!!!

**-Prayer Partners:** Put everyone's name in a hat. Everyone pick a name out and writes a letter to that person containing what you wish for them during this experience. The letters are returned to the leader and sealed until they are passed out on the last day of the trip. However, this exercise continues all trip long. Each person's mission is to do something nice for that person while we are away. Reveal your prayer partners at the end of the trip.

### During the Middle of your Trip

**-Cornerstone Values:** (a good mid-trip reflection!) Everyone picks a slip of paper that has one cornerstone value written on it (social justice, simplicity, spirituality, solidarity). At the beginning of the reflection, the leaders read about each cornerstone and all remind the group about their shared experiences. Then, each team member has to reflect and share about how they are fitting into the cornerstone that they chose. Then, each person shares what they want to work on and do differently during the second week of the trip.

**-Affirmations:** Each person talks about one event (and the Canisius people involved in that event) that inspired them during the day/week. This is a good way to other people on your team how much you appreciate them!

## Ordinario De La Misa (*Order of the mass*)



### Liturgia De La Palabra (Liturgy of the Word)

**First and Second Readings** *SENTADOS (Sitting)*

Palabra de Dios

**Todos: Te alabamos, Señor**

*DE PIE (Stand)*

El Señor este con vosotros.

**Todos: Y con tu espíritu.**

Lectura del santo Evangelio segun san N.

**Todos: Gloria a ti, Señor.**

Acabado el evangelio: Palabra del Señor

**Todos: Gloria a ti, Señor Jesus.**

### HOMLIA (Homily)

*SENTADOS (Sitting)*

### Profesion de fe

*DE PIE (Stand)*

Creo en un solo Dios,

Padre todopoderoso,

Creador del cielo y de la tierra,

de todo lo visible y lo invisible.

Nacido del Padre antes de todos los siglos:

Dios de Dios, Luz de Luz, Dios verdadero de Dios verdadero,

Engendrado, no creado,

De la misma naturaleza del Padre,

Por quien todo fue hecho;

Que por nosotros, los hombres, y por nuestra salvacion

bajo del cielo, y por orba del Espiritu Santo

Se encarno de Maria, la Virgen, (*todos se inclinan*)

Y se hombre;

Y por nuestra causa fue crucificado

En tiempos de Poncio Pilato; padecio y fue sepultado,

Y resucito al tercer dia, segun las Escrituras,

Y subio al cielo,

## Ordinario De La Misa (*Order of the mass*)

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### De Pie(Stand)

Priest: En el nombre del Padre, y del Hijo, y del Espirtu Santo.

**Todos: Amen.**

El Senor este con vosotros.

**Todos (All): Y con tu espiрту.**

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Senor, ten piedad. (O bien:Kyrie, eleison).

**Todos: Senor, ten piedad.** (O bien: **Kyrie, eleison**)

Cristo, ten piedad. (O bien: Christe, eleison).

**Todos: Christo, ten piedad.** (O bien: **Christe, eleison**).

Senor, ten piedad. (O bien: Kyrie, eleison).

**Todos: Senor, ten piedad.** (O bien: **Kyrie, eleison**).

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Senor, ten piedad. **Todos: Senor, ten piedad.**

Cristo, ten piedad. **Todos: Cristo, ten piedad.**

Senor, ten piedad. **Todos: Senor, ten piedad.**

.....

### GLORIA

Gloria a Dios en el cielo, y en la tierra paz a los hombres que ama el Senor.

Por tu inmensa gloria te alabamos, te bendecimos, te adoramos, te glorificamos, te damos gracias,

Senor Dios, Rey celestial, Dios Padre todopoderoso.

Senor. Hijo unico, Jesucristo. Senor Dios, Cordero de Dios, Hijo del Padre;

Tu que quitas el pecado del mundo, ten piedad de nosotros;

Tu que quitas el pecado del mundo, atiende nuestra suplica;

Tu que estas sentado a la derecha del Padre, ten piedad de nosotros;

porque solo tu eres Santo, solo tu Senor, solo tu Altismo, Jesucristo, con el Espiritu Santo en la gloria de Dios Padre. Amen.

**Todos: Amen.**

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### Towards the End of your Trip

**-This I Believe** – Everyone takes some quiet time together to write down at least 10 things they have come to believe in based upon their immersion experience. Afterwards, share your entire lists with one another or just your top 3.

**-Letter to Your Future Self** – Towards the end of your trip, pass out paper and an envelope and have each team member write a letter to themselves about what they learned on this experience. Encourage them to include as many concrete details as possible! Also, have them record how they hope that the insights from this experience will impact their lives upon their return home. This session should be about ½ hour – plenty of time. Make sure students put their letters into the envelope and address them to a place where they are sure to receive them (for example, parent’s address). Please collect the letters and keep them in the leader binder which will be returned to Lu. Lu will mail the letters a few months after the trip is over.

**-How can I communicate these experiences to people back home?** Brainstorm as a team how you can use emails, PowerPoint presentations, newspaper articles, church venues and our own Campus to spread the word about the people you met on your trip. Be creative in thinking up ways to help these people after you are gone. Could you organize a book drive? Could you scholarship a child to go to school? Could you ask the places you work with for a wish list?

### More Ideas for Reflections

**-Deck of Cards:** Everyone picks a card from the deck. Each color has a specific part of the trip assigned to it (culture, religion, people, our work). Each team member has to reflect on the topic that corresponds to the color of their card.

**-Similarities/Difference:** Leaders orchestrate a conversation about the similarities and differences that the team notices between their own culture/home/food, etc. and what they are experiencing in this new place.

**-Letter Game:** Record different letters of the alphabet on different sheets of paper. Have each member of the group pick one. This person has to come up with an emotion, feeling, event, etc. that starts with that letter that happened to them that day and talk about it.

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## THE FOUR CORNERSTONE VALUES OF INTERNATIONAL SERVICE-IMMERSION

### 1. Simplicity

The ability to simplify means to eliminate the unnecessary so that the necessary may speak. ~Hans Hofmann

Life can get complex. Sometimes we need to strip away some of that complexity in order to remember what is truly important. Focusing on simple living allows us to reconnect with what is essential. Through simple living, participants can explore and question how their own lifestyles are connected to and interdependent with the lives of others.

Participants of Campus Ministry Immersion experiences commit to a simple lifestyle. The commitment is more than an attempt to live without your cell phone or hair dryer for a week or two; it is a shift of focus. When away from home, we encourage you to spend your time centered less on technology, shopping and the consumption promoted by our U.S. culture so that you can be free to experience the value of simple pleasures, conversations, and your own creativity.

All of our trips intentionally partner with low-income neighborhoods so travelers become more aware of the realities of people who are forced to live simply every day. It is important to remember that simple living is not poverty. Poverty is always degrading and dehumanizing. Simple living is paring down our wants so that we can focus on what is really important. By living simply we can choose to be in solidarity with the people we spend time with. Embracing simplicity allows us to value relationships over things; to hear the voices of our brothers and sisters, the voice of our own inner-self, and the voice of God. The end result of simplicity is freedom. How is this trip helping you to free yourself of the “stuff” that controls your normal life and grow in your commitment to simplicity?



### Enroll in a Course that can Take you Deeper

The Department of Sociology runs a one-credit course every semester geared to help people returning from immersion experiences to unpack their insights within the context of a course. Often, the English Department will offer a similar opportunity. Moreover, many courses deliberately focus on issues around international relations, justice and spirituality. Don't miss these chances to continue deepening your experiences.

### Form a CLC (Christian Life Community)

CLCs are small, faith-sharing groups on campus that meet weekly for an hour to share their highs and lows about life, to pray and to learn about justice issues. A great way to stay connected with your teammates from your travels and to process your re-entry together is to form a CLC together with them or simply join an existing CLC. Contact Lu if you are interested in this option!

### Plan a Team Post-Trip Action

We don't want your experience of this trip to stop when you arrive back at the Buffalo airport. After you have lived the experience, what can you DO as a team to take your insights and commitment to the next level? In the past, teams have:

- Identified a concrete need at their site and raised money to purchase it.
- Created a scholarship for a student they encountered to help continue his/her education.
- Educated others about the reality they experienced via presentations, bringing in a speaker, writing articles for the Griffin, presenting at Ignatian Scholarship Day, speaking at your church, etc.
- Collaborated with other local groups in Buffalo working on social justice issues you became aware of.

### Consider a Year of Post-Graduate Volunteer Service

A way to further the insights you have experienced on this trip is to consider seriously doing a year of post-graduate volunteer service with the marginalized. This, more than anything else, will surely help you become women and men with and for others.





## **HOW TO TALK ABOUT YOUR TRIP WHEN YOU RETURN HOME**

One of our biggest goals is to provide you with an experience that will both change you in some way and that will also have a ripple effect on everyone you know. This is the same hope that the people in the country you are visiting have – that what you see and learn will inspire you to action and that, through sharing what you learned with others back home, more people can know the truth about the place you experienced. Here in the USA, people tend to become very comfortable with the lifestyles they see around them. Unless you go to another country, it is difficult to realize that a plane ride away, people’s lives are radically different. You not only need to internalize your experience but you also need to be an ambassador of this reality to others. Here’s how:

### **Practice Communicating the Impossible**

The first challenge students face upon returning home is that it is hard to tell people about this experience without sitting them down for hours and pulling out all your photos. But most often we will only have a few moments to communicate the impact of this experience on us. Before you get home, practice how you would explain this trip to someone if they only listened for three minutes. Or for an elevator ride. Or in two sentences. . . It is helpful to have one or two poignant stories to share that capture an insight into your trip.

### **Sit Down and Reflect on Your Experience**

You will only be getting half of what this experience can give you if you don’t take time when you return home to reflect on your experience and internalize it. Better than flipping through photos or scrapbooking is to take the time to write up a reflection about what this trip meant to you in the first week weeks back. This can then serve as a permanent record for you and something to share with others who are interested in a more substantial account. **I STRONGLY RECOMMEND EVERYONE TRY THIS!**

## **THE FOUR CORNERSTONE VALUES OF INTERNATIONAL SERVICE-IMMERSION**

### **2. Social Justice**

**Social Justice is being in right relationship with one another.**

Many people confuse social justice with charity. Charity is meeting the direct needs of someone who is in trouble. For example, if you are hungry and I give you my lunch today, I am doing charity. If you are without shelter and I let you sleep in my home tonight, I am doing charity. Charity is necessary and vital to keep people alive and safe in the moment. However, it does not fix anything permanently – so even though I give you a sandwich today, you will probably be hungry tomorrow. Social justice is looking to correct the root causes of an injustice by asking “why are you hungry?” and “what can be changed so you won’t be hungry again?” This is the more dangerous, complicated question, because in order to make society more just you need to understand the intricate systems of oppression that are operating in our world today and you need to commit more energy into trying to resolve them.

Social justice is about creating a society where everyone is in right relationship with one another because of the fair distribution of advantages, assets and benefits among all members of a society. The idea is that when justice reigns on earth, everyone has the opportunity to reach their fullest potential in life. When an injustice is discovered, social justice is about correcting the structures that perpetuate the injustice. The basis for social justice from a Catholic perspective comes from the foundational principle that all human life is sacred and that we must recognize the dignity of every human being stemming from the fact that she/he is a child of God. Catholic Social Teaching also insists that believers make a preferential option for the poor and vulnerable, which means that when we think about social justice we must be advocates first and foremost for the rights and opportunities of the marginalized who are so systematically neglected in our world. The Catholic Church teaches that the moral test of any society is “how it treats its most vulnerable members” and urges us to look at the way in which our world is structured economically, politically and socially from the perspective of how these systems affect the poor.



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**THE FOUR CORNERSTONE VALUES OF INTERNATIONAL  
SERVICE-IMMERSION**

## **Solidarity**

**“If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.”**

*- Aboriginal activists group, Queensland, 1970s*

Solidarity is not a feeling of vague compassion or shallow distress you might feel when witnessing the misfortune of so many on your immersion experience. Solidarity includes compassion, but it is also a decision to take action to join with, to form community with, those who are suffering. Solidarity takes place when a person or community not only sees a need and acts, but commits to follow up, to endeavor to see that action is taken to improve the other’s situation for the long run. Solidarity then is the firm and persevering determination to act in favor of the well being of all, especially those who are most poor and marginalized.

The idea of solidarity stems from the belief that everyone in this world is connected in one great community and thus we all have a common responsibility for everyone else. Solidarity becomes a two-way process because it becomes a relationship with both sides giving and receiving. Those who reach out to offer help quickly begin to realize that their own humanity is being fostered in new ways. Those who are receiving assistance discover that they bring gifts to the relationship which the others would be otherwise lacking. The end result of solidarity is living an authentic life.

There is a saying attributed to Lao Tzu that sums up the essence of solidarity: “Go to the people, live with them, learn from them, love them. Start with that they know, build with what they have. But with the best leaders, when the work is done and the task accomplished, the people will say, ‘We have done this ourselves.’”

## **SOLIDARITY**

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“This is the duty of our generation as we enter the twenty-first century—solidarity with the weak, the persecuted, the lonely, the sick, and those in despair. It is expressed by the desire to give noble and humanizing meaning to a community in which all members will define themselves not by their own identity but by that of others.”

*-Elie Wiesel*

**“In India when we meet and part we often say,**

**“Nasmaste,”**

**which means...**

**I honor the place in you**

**where the entire universe resides,**

**I honor the place in you of love,**

**of light, of truth, of peace.**

**I honor the place within you where**

**if you are in that place in you**

**and I am in that place in me;**

**there is only one of us.”**

*-Ram Dass*

**“Until we extend our circle of compassion to all living things, human beings will not find peace.”**

*-Albert Schweitzer*

## Prayer of St. Francis

Lord, make me an instrument of your peace.  
Where there is hatred, Let me sow love;  
Where there is injury, pardon;  
Where there is discord, union;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.

O Divine Master Grant that I may not so much seek  
To be consoled as to love.  
It is in giving that we receive,  
It is in pardoning that we are pardoned.  
And it is in dying that we are born to eternal life.  
**Amen**

## St. Teresa's Prayer

Christ has no body now but yours.  
No hands, no feet on earth but yours.  
Yours are the eyes through which he looks  
with compassion on this world.  
Yours are the feet with which  
He walks to do good.  
Yours are the hands with which  
He blesses the world.  
Yours are the hands.  
Yours are the feet.  
Yours are the eyes.  
You are His body.  
Christ has no body now but yours.  
No hands, no feet on earth but yours.  
Yours are the eyes through which  
He looks with compassion on this world.  
Christ has no body now on earth but yours.



## THE FOUR CORNERSTONE VALUES OF INTERNATIONAL SERVICE-IMMERSION

### 4. Spirituality

**A faith that does justice is the foundation of our trips.**

Everyone is welcome on our trips! However, we are a Catholic, Christian college and the impetus for these kinds of exposure experiences directly stem out of how we believe God is calling us to live in relation to God and to one another. Our Campus Ministry exposure trips are motivated out of the heart and soul of Jesus' message in the Gospel – the coming of the Kingdom of God. What is this Kingdom? We get a glimpse of it in Jesus' his first public message to his community in the fourth chapter of Luke's Gospel, when he stood to read from the scroll of Isaiah: "The Spirit of our God is upon me, because the Lord has anointed me to bring Good News to those who are poor. God has sent me to proclaim liberty to those held captive, recovery of sight to the blind, and release to those in prison – to proclaim the year of God's favor!" In a nutshell, Jesus is announcing that he has come to bring liberation from all that binds us, which is God's dream for the world. God wants us all to be free to live into our full potential as sacred and beautiful children of God.

All participants on our trips are called to be "contemplatives in action"; that is, to work actively for and with the poor and to be just as active in reflecting on God's presence in our work and our relationships. We need to spend time with God, speak to God about our experiences and listen to how God interacts with the world through others. By trying to notice how close to or far away a situation is from God's dream for the world, we feel spiritually called to do something about a situation and effect change in the world in behalf of the common good. Spirituality is a cornerstone value because when we spend time with God, eventually we will come to see the world how God sees the world. And then what breaks God's heart will break our hearts and what gives God joy will be our joy as well.



### THE VISION BEHIND OUR IMMERSION EXPERIENCES

“God calls you to the place where your deep gladness and the world’s deep hunger meet.”

-Frederick Buechner

**Rev. Peter-Hans Kolvenbach, S.J.**, the former Superior General of the Society of Jesus, in his talk to the members of a Jesuit University in the United States in 2000, implored that:

*“Students, in the course of their formation, must let the gritty reality of this world into their lives, so they can learn to feel it, think about it critically, respond to its suffering and engage it constructively. They should learn to perceive, think, judge, choose and act for the rights of others, especially the disadvantaged and the oppressed.”*

**Rev. Adolfo Nicolás, S.J.**, the current Superior General of the Society of Jesus, echoed this sentiment in an address to Jesuit Higher Education Institutions in Mexico City in 2010 with:

*“the depth of thought and imagination in the Ignatian tradition involves a profound engagement with the real . . . the world as we encounter it; the world of the senses so vividly described in the Gospels themselves; a world of suffering and need, a broken world with many broken people in need of healing. We start there. We don’t run away from there. And then Ignatius guides us and students of Jesuit education, as he did his retreatants, to enter into the depths of that reality. Beyond what can be perceived most immediately, he leads one to see the hidden presence and action of God in what is seen, touched, smelt, felt. And that encounter with what is deepest changes the person.”*

“When you follow your passion,  
you put yourself on a kind of track  
that has been there all the while,  
waiting for you,  
and the life you ought to be living  
is the one you are living.  
When you can see that,  
you begin to meet people  
who are in the field of your passion,  
and they open the doors to you.  
I say, follow your passion  
and don’t be afraid,  
and doors will open  
where you didn’t know they were going to be.”

-Joseph Campbell

### LIVE

Have patience with everything  
unresolved in your heart  
and try to love the questions themselves.  
Don’t search for the answers,  
which could not be given to you now,  
because you would not be able to live them.  
And the point is, to live everything.  
Live the questions now.  
Perhaps then, someday far into the future,  
you will gradually,  
without even noticing it,  
live your way into the answer.  
-Rainer Maria Rilke

# VISION / BLINDNESS

I have a dream today.

I have a dream that one day every valley shall be exalted,  
every hill and mountain shall be made low,  
and the crooked places will be made straight,  
and the glory of the Lord shall be revealed,  
and all flesh shall see it together.

This is our hope. This is the faith with which I return.  
With this faith we will be able to hew out of the mountain of  
despair

a stone of hope.

With this faith we will be able to transform the jangling dis-  
cords of our nation

into a beautiful symphony of brotherhood.

With this faith we will be able to work together,

to pray together,

to struggle together,

to to go jail together,

to stand out for freedom together,

knowing that we will be free one day.

Martin Luther King, Jr.

**“Real poverty is the loss of imagination.”**

-Denyce Graves

“It’s really a wonder that I haven’t dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart. I simply can’t build my hopes on a foundation consisting of confusion, misery and death.” -**Anne Frank**

**“No matter what our attempts to in-  
form, it is our ability to inspire that  
will turn the tides.”** -Jan Phillips



Based on the vision of these leaders, Campus Ministry at Canisius College hopes our International Service-Immersion Program will accomplish the following:

**The purpose of Canisius College’s International Service-Immersion trips** is to increase our awareness of the world, so scandalously unjust, so complex to understand, and so hard to change.

**The purpose of these trips** is to fall in love and grow in solidarity with the people of the world and especially the poor, to let their stories become our stories, to let our voices speak for them.

**The purpose of these trips** is to help where we are needed but to know that listening and being with is as important as anything we can do.

**The purpose of these trips** is to challenge ourselves to live simply, to value relationships that we make, to engage our faith and spirituality in the experiences we have and to dig for the truth behind the injustices.

**The purpose of these trips** is to go into the gritty reality of the world and find God there and to let this God of the poor, this God of justice and liberation transform our hearts so that when we return we can act in a way that we become part of the solution, that we become women and men with and for others.

## BROKENNESS / STRENGTH

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Blessed are the poor in spirit  
For theirs is the kingdom of heaven  
Blessed are they that mourn;  
For they shall be comforted.  
Blessed are the meek:  
For they will inherit the earth.  
Blessed are they who hunger and thirst after righteousness;  
For they shall be filled.  
Blessed are the merciful:  
For they shall obtain mercy.  
Blessed are the pure in heart:  
For they shall see God.  
Blessed are the peacemakers:  
For they shall be called the children of God.  
-Matthew 5:3-9

“Learning to weep, learning to keep vigil, learning to wait for the dawn. Perhaps this is what it means to be human.”

- Henri Nouwen

“Jesus, they have no wine.” -Prayer by Dorothy Day

“The Lord is near to the brokenhearted.” -Psalm 34:18

*“Even as love crowns you, so shall love crucify you.”*

-Kahlil Gibran

“The first duty of love is to listen.”

-Paul Tillich

“When I despair, I remember that all through history the way of truth and love has always won. There have been tyrants and murderers and for a time they seem invincible but in the end, they always fall—think of it, always.”

-Mahatma Gandhi

## EMPOWERMENT / FEAR

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From Archbishop Oscar Romero. . .

The kingdom is not only  
beyond our efforts,  
it is even beyond our vision.  
We accomplish in our lifetime  
only a fraction of the magnificent enterprise  
that is God’s work. . .

This is what we are about:  
We plant 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 effects 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 God’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.

## EMPOWERMENT / FEAR

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First they came for the Jews, and I did not speak out—  
because I was not a Jew.  
Then they came for the socialists, and I did not speak out—  
because I was not a socialist.  
Then they came for the trade unionists, and I did not speak  
out—  
because I was not a unionist.  
Then they came for me—,  
and there was no one left to speak for me.  
-Martin Neimeuller

“DON’T WORRY ABOUT WHAT THE WORLD  
WANTS FROM YOU,  
WORRY ABOUT WHAT MAKES YOU COME  
MORE ALIVE.  
BECAUSE WHAT THE WORLD REALLY  
NEEDS  
ARE PEOPLE WHO ARE MORE ALIVE.”  
-LAWRENCE LESHAN

“God never meant to make life easy.  
God meant to make men and women great.”

“You must be the change you wish to see  
in the world.” –Mohandas Gandhi

“The most powerful force on earth is the  
human soul on fire.”

## POVERTY / WEALTH

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“You cannot get rid of poverty  
by giving people money.”  
-P.J. O’Rourke

“When you are really poor, everything you see is  
something you cannot have.”  
-Patrick Duncan

“When I give to the poor, they call me a saint.  
When I ask why the poor have no food, they  
call me a communist.”  
-Dom Helder Camara

“Affluence creates poverty.”  
-Marshall McLuhan

“Live simply that others might simply live.”

*Elizabeth Seaton*

## JUSTICE / INJUSTICE

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O God, we pray for all those in our world  
who are suffering from injustice:  
For those who are discriminated against  
because of their race, color or religion;  
For those imprisoned  
for working for the relief of oppression;  
For those who are hounded  
for speaking the inconvenient truth;  
For those tempted to violence  
as a cry against overwhelming hardship;  
For those deprived of reasonable health and education;  
For those suffering from hunger and famine;  
For those too weak to help themselves  
and who have no one else to help them;  
For the unemployed who cry out  
for work but do not find it.  
We pray for anyone of our acquaintance  
who is personally affected by injustice.  
Forgive us, merciful God, if we unwittingly  
share in the conditions  
or in a system that perpetuates injustice.  
Show us how we can serve your children  
and make your love practical by washing their feet.  
We ask this in the Spirit of Jesus,  
our friend, our brother, our teacher.  
Amen.  
-Mother Teresa

“If you are appalled by what you see here, please don’t try to  
start a revolution for us — a revolution from which you can flee  
when real bullets start flying. If you really want to help us, go  
back to your own country and work to change the policies of  
your government that exploit our country  
and keep our people so poor.”

-Dom Helder Camara, archbishop of Recife, Brazil — perhaps  
the poorest area in the whole of South America —  
to a group of visiting North Americans

## EMPOWERMENT / FEAR

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**Our worst 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 and fabulous.”**

**Actually, who are you not to be?  
You are a child of God:  
your playing small doesn’t serve the world.  
There is nothing enlightened about shrinking  
so that other people won’t feel  
insecure around you.**

**We were born to make manifest the  
glory of God within us.  
It is not just in some of us,  
it is in everyone,  
and as we let our own light shine  
we unconsciously give other people  
permission to do the same.  
As we are liberated from our own fear  
our presence automatically liberates others.**

**Nelson Mandela, Inaugural Address 1994**



# EMPOWERMENT / FEAR

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“I am not a human being. I am dynamite.” -Friedrich Nietzsche

**“GOD CALLS YOU TO THE PLACE WHERE YOUR DEEP GLADNESS AND THE WORLD’S DEEP HUNGER MEET.”**  
-FREDERICK BUECHNER

“The opposite of love is not hatred; it is indifference.”  
**Daniel Berrigan, S.J.**

**“We cannot all do great things, but we can do small things with great love.” -Mother Teresa**

“We will have to repent in this generation not merely for the hateful words and actions of the bad people, but for the appalling silence of the good people.”  
-Martin Luther King, Jr.

**“Love is an exchange of gifts.”**  
**-St. Ignatius**

“You will find, as you look back on your life, that the moments that stand out are the moments when you have done things for others.” -Henry Drummond

“Hope is the ability to work for something because it is good, not just because it stands a chance to succeed.”  
-President Havel of Czechoslovakia

**“When you get to the end of all the light you know and it’s time to step into the darkness of the unknown, faith is knowing that one of two things will happen: either you will be given something solid to stand on, or you will be taught how to fly.”**  
-Edward Teller

# JUSTICE / INJUSTICE

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“It is possible to become discouraged about the injustice we see everywhere. But God did not promise us that the world would be humane and just. God gives us the gift of life and allows us to choose the way we will use our limited time on earth. It is an awesome opportunity.”  
- Cesar Chavez

**“And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.” -Micah 6:6-8**

**What actions are most excellent?**

**To gladden the heart  
of a human being.**

**To feed the hungry.**

**To help the afflicted.**

**To lighten the sorrow  
of the sorrowful.**

**To remove the wrongs  
of the injured.**

**That person is the most  
beloved of God**

**who does most good  
to God’s creatures.**

**-The Prophet Muhammad**

**Mother of Exiles,**  
Shelter of the Homeless,  
we are in need of your mercy.  
We ask your blessing on your children everywhere  
who are in danger today.  
Bless all who suffer from injustice.  
Shelter them in the warmth of your love  
and safeguard them from the evil that rages around them.  
Turn our eyes and hearts to their needs  
and give us courage to act for their good.  
We ask this, relying on your compassion  
and confident of your love.  
Amen.  
-Pat Kozak

## SPIRITUALITY / HARDNESS OF HEART

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“You are my Lord; I have no good apart from you.”

Psalm 16:2

**“Faith is the bird that feels the light when the dawn is still dark.”**  
-Rabindranath Tagore

“God and I have become like two giant fat people living in a tiny boat – we keep bumping into each other and laughing.” -Hafiz

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 effect everything.

It will decide  
what will get you out of bed  
in the morning,  
what you will do  
with your evenings,  
how you 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,  
and it will decide everything.  
Pedro Arrupe, S.J.

## SPIRITUALITY / HARDNESS OF HEART

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“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.”

-Thomas Merton

“Our prayers are answered not when we are given what we  
ask, but when we are challenged to be what we can be.”

**“I have so much to do today, that I shall spend the first  
3 hours in prayer.”**  
-Martin Luther

“Believe nothing, no matter where you read it or who has  
said it, not even if I have said it, unless it agrees with your  
own reason and your own common sense.”

-The Buddha

Prayer is not asking.  
It is a longing of the soul.  
It is a daily admission of one's weakness.  
-Mohandas Gandhi