

# Immersion Reflection Evening

6 PM            Welcome & Prayer

**Leader 1:** Words of welcome

- Recounting or where we've been
  - Service Reflection Day
  - Community gatherings
  - Weekly meetings
  - Travel to and in Belize
- Now we enter into a time of making meaning of our experience
- Integrating the stories, people and experiences into our lives
- Tonight we will take some time to look closely at where we find ourselves after almost a year of learning & unlearning

**Leader 2:** Invite the group into silence, to focus on breath, to sink deeply into this moment.

Above all, trust in the slow work of God.  
We are quite naturally impatient in everything  
to reach the end without delay.  
We should like to skip the intermediate stages  
We are impatient of being on the way  
to something unknown,  
something new.

**Leader 1:** Yet it is the law of all progress that is made  
by passing through some stages of instability  
and that may take a very long time.  
And so I think it is with us.

**Leader 2:** Your ideas mature gradually. Let them grow.  
Let them shape themselves without undue haste.  
Do not try to force them on  
as though you could be today what time  
(that is to say, grace and circumstances acting  
on your own good will)  
will make of you tomorrow.

**Leader 1:** Only God could say what this new Spirit  
gradually forming in you will be.  
Give us Lord the benefit of believing  
That Your hand is leading us,  
And accept the anxiety of feeling yourself  
In suspense and incomplete.

**Leader 2:** Loving God you created us and put us on earth for a purpose, you call us to participate in this program and to understand ourselves and our world a little deeper, help us recognize your stirrings in our hearts, give us courage to carry out your work through our lives....As we begin our reflection together bless our thoughts and inspirations and may we be grounded in your loving presence.

6:10 Meal

- Pizza, soda, juice, plates, napkins, forks
- Fruit, treats

6:30 Altar Space & Symbols

- Set up altar space in room (table clothe, picture of the group, immersion Journal, items from experience, cross, loaf of bread)
- Have participants bring a symbol representing what they have learned/are taking away from this experience?
- Have participants present their symbol and place on table saying a brief word

6:45 Take a Stand: Values listed around the room (Erin)

- Tape the 5 program values around the room (solidarity, justice, community, spirituality, simplicity)
- Remind students that we did this activity on the first night we gathered as a group.
- Explain directions to students
  - I will read a statement or a question and then ask you to move to a value which represents your answer.
  - Once people are standing by a value I will ask people to share their reflections/thoughts/questions surrounding why they are standing where they are.
  - Encourage students to speak from the “I” rather than using terms such as; “we” or “people”

- Example: “I am standing here because...” or “I believe....” or I am aware of....”
  - Ask students to be respectful of each others sharing, to listen intently, to seek respectful clarification and commit to assuring everyone has the opportunity to participate.
- Read the questions 1 by 1. After all students are standing by a value say the following, “Please take time to notice who is standing with you, where others are, where the majority of students are and where there are few.”
- Ask students to share why they are standing where they are.
- Questions:
  - Which value do you feel yourself most drawn to after this experience?
  - Which value do you need to gain a greater understanding of?
  - Which value holds little interest for you?
  - Which value have you discovered that is not listed on the walls?

7:00

#### Emmaus Story:

- Lectio: Broken into different voices
- Brief explanation of why this story is used

**Reader 1:** Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

**Reader 2:** He asked them, “What are you discussing together as you walk along?” They stood still, their faces downcast. One of them, named Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?” “What things?” he asked.

**Reader 1:** “About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn’t find his

body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.”

**Reader 2:** He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?” And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

**Reader 1:** As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.

**Reader 2:** When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

**Reader 1:** They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, “It is true! The Lord has risen and has appeared to Simon.” Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

Reflection:

1. What is distracting you? What from your experience is bothering you? Is it suffering?
2. Where have you encountered Jesus throughout this experience? Or new learning or what have you unlearned that surprised you?
3. Why or how is your heart burning within you? Burning with excitement or burning with discomfort.

7:10

Journaling Time

- Quiet Music (Ipod and Speakers)
- Participants bring journals
- Reflection Questions:
  - Where have you experienced suffering? Where do you recognize hope? Where do you experience Gratitude?
  - Where do you find yourself in this story?
  - Where have you encountered Jesus throughout this experience? Or new learning or what have you unlearned that surprised you?
  - Why or how is your heart burning within you? Is it burning with excitement or burning with discomfort?

- 7:30 Small Groups (Maria?)
- 3 groups of 4 students
  - Erin, Maria, Renee & Sean each in a group
  - Renee break students into groups
  - Discuss reflection questions
    - Refer to questions listed above
    - What came up for you while journaling

### Taking it Forward

- 8:00 Large Group Discussion (Maria?)
- *"The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself **to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence. More than that, it is cooperation in violence. The frenzy of the activist...destroys his(her) own inner capacity for peace. It destroys the fruitfulness of his(her) own work, because it kills the root of inner wisdom which makes work fruitful.**"*  
- Thomas Merton
  - *"Nothing is more practical than finding God, that is, than falling in a 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 mornings, 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, SJ
  - What are you going to say "Yes" to? What have you fallen in love with?
  - What does this look like in your life and at SU
  - Concrete examples
  - Poster Paper will be posted around the room to capture relevant points

- 8:30 Open forum/On Campus Action

*Once the disciples recognized Jesus they ran back to Jerusalem, their community to share the Good News. What is the "Good News" you wish to share with the SU community, your families & your friends?*

Questions:

- How have you been doing this already?
- Where have you encountered resistance? (from yourself or others)

Group Response/Action

- Use this time for group to brainstorm, connect, & plan their response.
- Video, article to spectator, recording of a journal entry to share on Campus Ministry Webpage/Facebook.

9:15

Closing Ritual

- Sea Shells or rocks from around campus?
- Sharpies for writing on rocks
- Closing prayer