

Core Team Examen Summer 2019

As part of the transition this summer, I'm inviting everyone who serves on a core team to take some time to pray about the parish: where we are, where we've been, and where God might be calling us to go. To facilitate this process I'm proposing the use of a modified Examen. This is the same Examen I asked the parish staff to work with earlier in July.

In the next couple of weeks, please find 3-4 different days where you can spend about 20 minutes with this prayer. It is important to space out the prayer sessions and allow yourself to "marinate" over the course of a week or so. Allowing a day or two between each repetition of the Examen is an important component of this exercise.

I realize this is asking more time from an already busy and dedicated group of people, so thank you in advance for your generosity.

As always, if there are any questions or you would like more guidance than the sheet can provide, please feel free to contact me personally. I am happy to help out in any way that I can.

In Christ,
Fr. Eric

sundrup@bellarminechapel.org

513-745-2950

Core Team Examen Summer 2019

Gratitude

I clear my mind of all that's left to do and yet to come. Instead, I will focus on gratitude. Thinking back over my time at Bellarmine Chapel, what am I thankful for? Who are the people that I wish to thank God for placing in your life? What are the ministries that have given me energy and joy?

God alive and active in the parish

Where/how has the parish grown?

In what ways have I experienced wonder, awe, or curiosity?

What unanswered questions do I have?

What new ideas am I working on that excite me?

What parish traditions/practices give me comfort?

God calling us to growth

What would I do differently if I were given the chance for a "do over"?

What have I changed my mind about? What am I grateful to have learned?

What was I adamant about? When was I defensive?

How might I be closing myself off to people or ideas?

Review the movements

I return to "God alive and active in the parish" and revisit 1-2 of the most powerful movements, memories or ideas. Then I return to "God calling us to growth" and revisit 1-2 of the most powerful movements, memories or ideas.

Return to gratitude

I give thanks for all the memories and people that have entered into my prayer and reflection. I take a moment to recall the specific places, names, and ideas. I thank God for this opportunity to serve as a leader at Bellarmine Parish.

At the end of 15 minutes, please spend another 5 minutes writing down a quick summary of the prayer. It doesn't need to be a great work of prose. Outlines, key words, phrases or names are enough. It is important to create notes so that you remember the key movements of the Examen. These notes will help in our group discussions about the fruits of this prayer.

Adapted based on questions from "Review of the Day for Managers" by Paul Brian Campbell, SJ
and "Examen for Leaders" by John Kucia
<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/review-of-the-day-for-managers/>
<https://www.xavier.edu/jesuitresource/jesuit-a-z/terms-e/examens-for>