

DRAWING NEAR AND WALKING WITH-Part I: Looking for and Animating an Incarnational- Apostolic Spirituality in our CPPS Candidates

DESIRE FOR THIS SESSION:

Workshop participants will be introduced to and engage several practical “tools” for Incarnational-Apostolic spiritual formation-development

SPIRITUAL PEDAGOGY

BODY/SOUL

**COGNITIVE
(HEAD)**

**AFFECTIVE
(HEART)**

**BEHAVIORAL
(HANDS)**

UNFOLDING TAPESTRY OF MY LIFE

PROCESS OF REFLECTION & WORKSHEET EXPLAINED

- **Way to reflect upon the movements of our lives**
- **Enable us to see the exchanges and continuities in our important relationships, commitments and experiences**
- **Seeing our journey within a larger matrix of connections**

EXAMINING THE WORKSHEET

- **Row 1: Calendar Year(s) & Age**
 - The calendar year(s), as well as your age(s)
 - Example: 2002/44 or 2002-2006/44-48
- **Row 2: “Place”: Geographical & Socioeconomic**
 - Your sense of place: physical, including geographical area; economic and social place, e.g., social class, position of economic ability/vulnerability
- **Row 3: Key Relationships**
 - Those relationships that had important impact regarding self-image, self-worth, and sense of identity (e.g., family, friends, employers, sponsors, teachers, mentors, “enemies”)

- **Row 4: ENGAGEMENT WITH LIFE**

- How am I “engaging life” and “being engaged by life”? (e.g., attending school, acquiring skills, discovering and developing talents, undertaking new responsibilities, care-giving, initiating projects)
- May also include roles taken or created & the particular foci of your preparations/learnings in which you are engaged

- **Row 5: MARKER EVENTS**

- Turning points & events where life is “never quite the same” (e.g., moving from one place to another, death or loss of loved ones, changes in status, catastrophes or emergencies, graced events, conversion experiences, loss of faith, major decisions or choices)

- **Row 6: IMAGES OF GOD**

- A brief note or two to indicate your feelings/ experience/thoughts or images of God—positive or negative—at this time
- May register a sense of God's presence or absence, or of your belief or disbelief at this time

- **Row 7: CENTERS OF VALUE & POWER**

- Refers to the one or two relationships, roles, institutional involvements or objects which had the most value or worth for you
- Asking: What persons or things or causes were of such importance to me that they exerted power on the other values in my life?

- **Row 8: AUTHORITIES**

- **Who or what constituted authority for you at this point in your life?**
- **Asking: To whom or to what did you look for guidance or for ratification of your decisions, choices, or values at this time in your life?**
- **Asking: Was there a questioning/disagreement with this authority? Was there a “shifting” from one source of authority to another during this time?**

TIME FOR PERSONAL REFLECTION

- **Complete at least two or three periods/ segments/passages in your life journey by filling in the columns of the worksheet**
- **Think of these “snapshots” of your life as acts in a play**
- **Spend some time reflecting upon the TAPESTRY of LIFE that you have constructed on the worksheet...sit with the movement and flow you see, the continuities and discontinuities**
- **Meditate on these timelines and let the feelings you have for that period of life come to the surface: do not judge or evaluate what you see and feel**