

Examen with the UAP

This exercise will be used throughout the rest of our meetings. At different times, a different question will be posed for your reflection, but the basic format or structure will remain the same.

In the Spiritual Exercises, the *examen prayer* is essentially a sapiential reading, not of a written text, but of your own lived experience. As I look over my experience of the events of a fixed period of time (a day, a week, a month, and so on) or of a particular event,

- Where was I moved to greater interior peace, greater zeal, greater faith, hope and love?
- Where did I sense movements of reconciliation, healing, liberation, greater acceptance?
- Where do I sense now greater confusion, less hope and love, less commitment as I remember what happened?
- What does all this mean at a deeper level for my participation in this process? How is God at work in me and through me? In the group? For the province?

Getting Started

- Find a comfortable and quiet space in which to pray and reflect. Take the time to pause and remind yourself of the task you are about to begin and commit yourself to doing it well.
- Once you are seated in a comfortable position, take a few deep breaths and become peaceful and settled interiorly. Take the time to become really present to the task at hand.
- If it is helpful, offer yourself to God (as you understand God) for God's greater service and praise in this exercise.

Remembering your Deepest Desire or Ultimate Motivation

- Take a moment to connect to your deepest desire or ultimate motivation which moves you to generous commitment to Ignatian and Jesuit ideals: what image or word or feeling captures this?
- Take the time to commit to this deepest desire or ultimate motivation here and now. If it helps, you can also ask for the grace that will help you grow in freedom, as per the last step of the first exercise.

The Examen

- Begin by reflecting on your personal consolations and desolations in the apostolate, using the questions above. Become aware of the ways you are moved to generosity and zeal in your community or work, and the ways in which your community or work already lives from the UAP, and any resistances that prevent greater collaboration with the life-giving energies of the UAP.
- Take time now to recall the Universal Apostolic Preferences of the Society of Jesus as they were presented to you earlier this year:
 - To show the way to God, especially through the Spiritual Exercises and discernment
 - A call to engage secular culture positively, as a sign of the times, to discover how God is already at work there
 - A call to offer the Spiritual Exercises with greater creativity
 - A call to live the Spiritual Exercises more deeply in our communities and works
 - A call to a more habitual use of spiritual conversation and communal discernment
 - A call to share the spiritual Exercises and the gift of discernment with others
 - To walk with the poor, the outcasts of the world, those whose dignity has been violated, in a mission of reconciliation and justice
 - A call to walk more closely with those who are the most vulnerable and excluded in our specific contexts, to have genuine relationships with them
 - A call to work **with** them to promote the transformation of unjust structures

- A call to deeper understanding of the processes that generate injustice and to help develop alternative models
 - A call to promote a greater recognition of multiculturalism as a human treasure and to develop greater skills of intercultural exchange
 - A call to greater care for migrants, the displaced, those who are trafficked, to a greater defense of the culture and rights of indigenous peoples
 - A call to help eliminate all forms of abuse inside and outside the Church
- To accompany young people in the creation of a hope-filled future
 - A call to allow ourselves to be helped by young people, from their perspective, so that we understand better the epochal shift that is taking place today, and the new hope it brings
 - A call to create and maintain spaces that are open to young people in society and in the Church, so that discernment is promoted, and young people can grow and promote the well-being of society
 - A call to live coherent lives that are deeply spiritual; a call to be open to sharing who we are and what motivates our lives
- To collaborate with others in the care of our common home
 - A call to help develop alternative models of life based on respect for creation
 - A call to deeper understanding of the situation, to promote reflection and discernment that lead to planet-healing action
 - A call to take special care of ecologically vulnerable areas at home and globally
 - A call to modify our personal, communal and institutional habits, and to promote the little daily actions that can bring about change
- Take a step back and ask yourself: In what ways do the UAPs **confirm, challenge or move forward** our life-giving apostolic energies?
- **WRITE DOWN YOUR ANSWERS TO THIS LAST QUESTION** in a few concise sentences and **bring them with you to spiritual conversation.**