Reflection Journal
2009 Guatemala Medical Mission
What teachings have your moments of silence brought you?

How has your service here been a testaments to your personal faith?

What is your personal prayer or wish for the people of Cambodia?

How will you respond to this experience?

How will you bring it back to your daily life?

Ask yourself, "What does this experience mean for me?"

"What am I to learn?"

Explore which images remain with you.

Take the time to reflect on your experience.

Let your heart and mind see the life that is present.

Participating in CHF's Foundation for International Health are

Journal Questions

Responsibility

Discernment

Reflection

Awareness
The Fruit of Prayer

The fruit of silence is prayer
the fruit of prayer is faith
the fruit of faith is love
the fruit of love is service
the fruit of service is peace.

-- Mother Teresa

Journaling

Journal writing will be an interpretation of your unique experience on this mission. This document is provided for your use only. Write what you see, feel and experience each day as you engage in this journey. Doing so will enrich your experience and will be a testament to your time in Guatemala. The reflection questions are offered as a guide, but feel free to write what your experience brings you.

After you have had some time and distance from your mission experience, you are invited to reflect on and recognize how you have been transformed. You might also consider how you will translate the experience – how you will make it manifest in your life.
What practical, concrete action will you take when you get home?

What question(s) will you hold in your heart as you prepare to return to the U.S.?

What have you discovered about the needs of the residents of the Equatorial area? What do they REALLY need?

Journal Questions

David Whyte

To the Great Inhabitants about us.

Shaping our own selfs, by forming it well
or imaging, and look for the true
so may we in this life trust
casily holds our weight.

Passed at speed round a shaped wire
I am thinking of the way the intangible air
to produce the miraculous.
The visible and the invisible
Working together in common cause;
and by the world are shaped again.
We shape our selves to fit this world
Together

October 16th: Journeying
October 22\textsuperscript{nd}: Serving

There is a monk in the mountains who will never give you advice, but only a question. I was told his questions could be very helpful. I sought him out.

"I am a parish priest," I said. "I'm here on retreat. Could you give me a question?"

"Ah, yes," he answered. "My question is, 'What do they need?'"

I came away disappointed. I spent a few hours with the question, writing out answers, but finally I went back to him.

"Excuse me. Perhaps I didn't make myself clear. Your question has been helpful, but I wasn't so much interested in thinking about my apostolate during this retreat. Rather, I wanted to think seriously about my own spiritual life. Could you give me a question for my own spiritual life?"

"Ah, I see. Then, my question is, 'What do they REALLY need?'"

-- Father Theophane

Journal Questions

What is your personal goal for this experience?

What experiences can you draw upon in which working together can produce the miraculous?

What are some of the “great intangibles” you’ve noticed supporting us as we traveled together?
Forgiveness:
Do you agree with St. Vincent de Paul that we need their
What has the experience of today taught you about the poor?

What have you noticed about the burden of charity your body
and spirit have carried as you serve here?

Journal Questions

This place Where you Are Right Now (excerpt)

Haz-
Our beloved has bowed their
The beloved has bowed their
Can move again the earth and sky,
Wherever your eyes and arms and heart
God circled on a map for you.

This place where you are right now
October 17th: Arrival
October 21st: Serving

You will find that charity
is a heavy burden to carry.

It is only because of your love
- only your love -

That the poor will forgive you
the bread you have given.

— St. Vincent de Paul

Journal Questions

What are a few of the things/people/images that stand out for you about Esquipulas?

What was the best moment for you today?

What was the most challenging moment?

What other thoughts and feelings do you have about arriving in Esquipulas and meeting our hosts?
Journal Questions

What other thoughts and feelings do you have about today?

Do you agree that the state of the world can be read on the faces of the poor? Why or why not?

St. Charles Borromeo, Hounds

— Missionary Sisters of

To have hope

To believe in a new world.

Without influence, without bitterness, without discrimination.

Is it possible to dream a different world?

To have hope

To believe the dream of God and in human creativity.

Your own "let it be.

In the silences we've searched. How is it similar to the experience of the poor.

What have you noticed about the sufferings and distress of the poor.

October 18th: Serving
October 20th: Serving

In the visibility of his sufferings and distress
the poor person is what each human being is
in the privacy of his or her own lot in life...

The sins of the world can be read
in the faces of the poor.

The poor have their independence restricted,
they must ask for things, they must wait,
and above all they must suffer inconveniences.

-- Pope John Paul II

Journal Questions

Now that you have been here for a few days, what is your hope for the communities you’ve served?

What sustains your hope in times of trial?

Where did you see hope in the villages you visited today?
A Franciscan Benediction

October 19th: Serving