

EXPLORE. ENGAGE. INTEGRATE.

Explore

1. What *excites* you about what was shared?
2. What did you find you had the most *energy* around?
3. What *spoke* to you the most about what was shared?
4. Did anything *surprise* you about what was shared? If so, what might that mean?
5. What items of the presentation did you find *challenging*? How so?

Engage

1. What's *emerging* here for you?
2. What new *connections* are you making?
3. What had real *meaning* for you from what you've heard?
4. What are you being asked to *re-imagine* following this presentation?

Integrate

1. What gifts of the Spirit is this *calling* you to pay attention to more deeply?
2. In what ways do the challenges *invite* you to greater reflection and/or action?
3. What is one feeling or awareness that you would like to *spend more time with* and/or come back to from this presentation?
4. What *seed/s* were planted that could make the most difference to the future of religious life?

My reflections . . .

