

REMEMBERING THE JOURNEY

Take time by yourself to reflect on your mission journey. Here are some helpful ideas for structuring your story:

- Remember what brought you to this experience. Look back on what led you to serve in mission in this way. Remember your call.

- Think about your expectations, hopes, and fears before you embarked on these years in mission.

- Looking back on the story of your experience what were the...
 - High points
 - Low points
 - Key/Transformative moments
 - Phases or Chapters
 - Without these moments your experience would have been very different.

- What would you most like to share?

- Prepare a brief outline of what you might want to share with someone.

"I must tell my story if it is to become my story. In the telling of my experiences through the images and words related to those experiences I begin to own the experiences and allow them to shape me. In the telling of my story I appropriate the person I am becoming as a result of that story."

John Welch, O. Carmelite, Spiritual Pilgrims