

THE EXPERIENCE OF APOSTOLIC REFLECTION

- We choose one visit to reflect on. Can we have a volunteer to share one experience?
- The people involved tell the story of the experience. What was the situation? Who was involved? How did they feel going in to the visit? What happened in the encounter? How did they feel coming out of the visit?
- The Conference listens - all listen attentively. What strikes you? What did you hear?
- After a period of reflection (5 to 10 mins) - people share what they heard. We need to be careful here that we are not critiquing the visit but merely sharing our own personal reflection.
- After people have shared we again reflect: What themes are emerging? Is there anything from scripture or the tradition that comes to mind?
- Finally is there any action that we feel called to take as a result of our reflection?



APOSTOLIC REFLECTION

Experience shared.

- Share an experience that has been significant for you since the last time we met. Be aware of listening attentively to each other. (One person can share and we all reflect on their experience, or all can share and reflect together)

Social Analysis.

- How did you feel?
- What led to that feeling?
- Has this happened before?
- What are you feeling about the experience now?

What have we heard ourselves say?

- What stands out from all the sharing?
- What seems significant?
- Is there a theme that links all our sharing?

Theological Reflection

- Think about what you shared and what you have heard in the light of the gospels. Is there a particular gospel story that comes to mind? Are you reminded of something from our Vincentian heritage, eg sayings of St Vincent or Blessed Frederic?

Action Planning

- Reflect on your experience and what you have heard. Is there something that you have learnt? Is there an action that you will do as a result of this?

