

## Retreat In Everyday Life: Salvatorian Classroom

One way we grow in our relationship with Jesus, our understanding of His goodness and kindness, and to live out the guiding principles below is through prayer. Many retreats have been adapted to fit the reality of our busy daily lives. Perhaps the most well-known is the 19<sup>th</sup> Annotation of the Spiritual Exercises of St. Ignatius. We are going to offer a retreat in everyday life, or, in this case, in everyday classroom to help students know Jesus, His goodness and kindness, and to live our collaboration theme.

In addition, in the context of our larger divided world, our focus on our Catholic faith, on our mission, is how we can bring unity to the DSHA community. We are called as a Catholic community to proclaim the Gospel which will sustain the goodness and kindness of Jesus and unity points of emphasis throughout the year. As a Catholic school, we collaborate with parents as the primary formators of their daughters, to help all students to know Jesus. Through a relationship with Jesus, we can help each Dasher to better understand what it means to make known the goodness and kindness of Jesus.

Our responsibility as Catholic school is rooted in the five guiding principles found in the [Catholic Social Responsibility guidebook for Catholic Schools in the Archdiocese of Milwaukee](#). These guiding principles include:

1. [Catholic Social Teachings](#) provide the foundation for the instruction and formation of our Catholic school communities regarding all social issues.
2. Catholic schools participate directly in the evangelizing mission of the Church and, as such, are called to “make disciples of all nations” (Mt 28:19)
3. As central to their mission, Catholic schools will educate the whole student by effectively integrating faith, culture, and life.
4. Catholic schools will teach and model the essence of Catholic social action: love for God and neighbor (Mt 22:34-40)
5. Respect for all people will be a fundamental expectation for every member of our Catholic school communities.

## Spiritual Exercises of St. Ignatius and the Charism of the Sisters of the Divine Savior

The Spiritual Exercises are a way of finding God in all things in your life, such as recognizing the goodness and kindness of Jesus in everyday interactions with friends, family, colleagues, strangers, objects, nature, or anything this world has to offer. We spend much of our time in collaboration with others (face-to-face, electronic, in spirit of mission) and this can bring out the goodness and kindness of Jesus and it can leave us recognizing where, perhaps, we may not have lived out the goodness and kindness of Jesus, or, where we have sinned.

Praying this retreat in everyday life in all classrooms allows us to learn more about our shared mission as a Catholic school, to live out the DSHA mission, and to breathe life into the charism of the Sisters of the Divine Savior, namely, to make known the goodness and kindness of Jesus, Our Savior, with a special emphasis on collaboration with the distinct goal of achieving a Blessed Community, ***“How good and kind it is when God’s people live together in unity!”***

The spiritual exercises are broken into four “weeks.” The weeks are not intended to be seven days but rather stages on one’s spiritual journey guiding the retreatant to know the goodness and kindness of Jesus and wholeheartedly commit to living as God’s people together in unity. The description of the

“weeks” is taken from the [Ignatian Spirituality](#) website. The reflection questions come from the Marquette University website, [What are the Spiritual Exercises of St. Ignatius?](#)

For our purposes, we will consider the “weeks” as “quarters” of the academic year. Each “quarter” in the exercises is rooted in scripture and so too will be our work. Most of the scriptural passages are taken from Hearts On Fire: Praying with Jesuits edited by Michael Harter, SJ. and fit nicely as examples of the Goodness and Kindness of Jesus as well as collaboration.

## What will the retreat look like?

Once per academic quarter, each faculty member will create time in his/her class to review the description of the quarterly emphasis and select at least one of the biblical passages from the quarter to be used for prayer/reflection/journaling/discussion in class.

Specific curricular connections will be made (where possible). Where no direct curricular connection is available, the goal is to direct students back to the DSHA mission, animation of the SDS charism, namely, to make known the goodness and kindness of Jesus, with a special emphasis on collaboration with a distinct goal of achieving a united and Blessed Community.

This should be positive and uplifting experience as God so loved the world, he sent his Son Jesus. Perhaps students will be asked in Math class to read one of the passages that night and use the Goodness and Kindness Journal pages in the back of her daily planner. Perhaps a science class will read a passage together and write a short prayer related to the passage that can be used during our daily afternoon prayer. Perhaps in an English class, a particular text will have a specific correlation that will be discussed. World Languages may translate passages and discuss.

In most cases, the lesson will not take an entire class period but over the course of this retreat, each Dasher will have the opportunity to better know the goodness and kindness of Jesus so she might in turn reflect that goodness and kindness to whoever she meets as we seek to build a Blessed Community- ***“How good and kind it is when God’s people live together in unity!”***

We are providing a description of each “quarter” with reflection questions and scriptural passages in case you’d like to have these conversations at home.

## First Quarter –

The first week of the Exercises is a time of reflection on our lives in light of God’s boundless love for us. We see that our response to God’s love has been hindered by patterns of sin. We face these sins knowing that God wants to free us of everything that gets in the way of our loving response to him. The first week ends with a meditation on Christ’s call to follow him.

- Do I long to be known and loved by God? What hinders my relationship with God?
- How do I experience God’s deep and endless love, despite my shortcomings?
- Is my heart open to conversion – from a focus on what is important to self, to a focus on God’s deep desires for me?

Goodness & Kindness		Collaboration	
<b>Jeremiah 29: 11-14</b>	The plans I have are for your welfare	<b>Luke 11:1-13</b>	Teach us to Pray
<b>Isaiah 43: 1-7</b>	You are precious in my sight	<b>1 Samuel 3:1-10</b>	Speak, Lord, I want to listen

<b>Ephesians 2:10</b>	You are God's handiwork	<b>Psalm 139</b>	Lord, you search me and you know me
<b>Mark 10: 46-52</b>	What do you want, Bartimaeus?		
<b>John 5:1-9</b>	Do you want to be healed?		
<b>Luke 7: 36-50</b>	Jesus forgives woman washings his feet		

## Second Quarter

The meditations and prayers of the second week teach us how to follow Christ as his disciples. We reflect on Scripture passages: Christ's birth and baptism, his sermon on the mount, his ministry of healing and teaching, his raising Lazarus from the dead. We are brought to decisions to change our lives to do Christ's work in the world and to love him more intimately.

- Through prayer, do I love Christ intimately and shape my life story to his?
- Through my prayer (mind, heart, and senses) do I hear the call of Christ in my life?
- As I face my daily choices, do I discern which leads me to a closer relationship with Christ?

<b>Goodness &amp; Kindness</b>		<b>Collaboration</b>	
<b>Luke 4:14-22</b>	The Spirit of the Lord is upon me	<b>Luke 1:26-38</b>	Annunciation
<b>Matthew 5:1-12</b>	Beatitudes (Jesus' value system)	<b>Luke 2: 1-20</b>	Nativity
<b>Luke 6: 27-35</b>	Love your enemies	<b>Matthew 2:1-12</b>	Adoration of Magi
<b>Luke 6: 36-38</b>	Compassion & Generosity	<b>Luke 1:22-38</b>	Presentation in Temple
<b>Luke 13: 10-17</b>	Healing of crippled woman on Sabbath	<b>Matthew 3:13-17</b>	Baptism: This is my beloved Son in whom I am well pleased
<b>Luke 18:18-30</b>	Invitation to rich young man	<b>Matthew 4:1-11</b>	Temptation in desert
<b>Mark 7:31-37</b>	Cure of the deaf man	<b>John 1:35-42</b>	Where do you live? Come and see.
<b>Mark 5:25-34</b>	If only I touch him....	<b>Mark 1:16-20</b>	Come follow me
<b>Luke 5:17-26</b>	Cure of paralytic: Your sins are forgiven	<b>Luke 5:1-11</b>	Put out into the deep. Miraculous catch of fish
<b>John 9:1-41</b>	Cure of man born blind	<b>Matthew 8:23-27</b>	Storm on lake: Peace be still
<b>Luke 8:40-56</b>	Invite Jesus into home: Lord, I am not worthy	<b>Matthew 16:13-20</b>	Who do you say I am?
<b>Luke 19:1-10</b>	Zaccheus	<b>Matthew 14:22-33</b>	Bid me come to you
<b>John 11:1-44</b>	Raising of Lazarus: Unbind him, set him free	<b>Matthew 17:1-9</b>	Transfiguration
<b>Luke 11:1-4</b>	The Lord's Prayer	<b>Luke 18:15-17</b>	Jesus and the Children
		<b>Luke 11:9-13</b>	Effective prayer

## Third Quarter

We meditate on Christ's Last Supper, passion, and death. We see his suffering and the gift of the Eucharist as the ultimate expression of God's love.

- In remaining with Christ in his suffering and death, am I able to allow him into my moments of suffering?
- How do I experience the depth of Christ's sacrificial love?

<b>Goodness &amp; Kindness</b>		<b>Collaboration</b>	
<b>Ephesians 5:1-2</b>	Love as Jesus loved you	<b>Psalm 22</b>	Why have you forsaken me?
<b>Matthew 26:17-27:66</b>	Passion of Christ	<b>Matthew 26:17-27:66</b>	Passion of Christ
<b>Mark 14:10-15:47</b>	Passion of Christ	<b>Mark 14:10-15:47</b>	Passion of Christ
<b>Luke 22:1-23:56</b>	Passion of Christ	<b>Luke 22:1-23:56</b>	Passion of Christ
<b>John 18:1-19:42</b>	Passion of Christ	<b>John 18:1-19:42</b>	Passion of Christ
<b>2 Corinthians 5:14-15</b>	The love of Christ overwhelms us	<b>2 Corinthians 5:14-15</b>	The love of Christ overwhelms us
<b>Galatians 2:19-20</b>	I have been crucified with Christ	<b>Galatians 2:19-20</b>	I have been crucified with Christ
<b>1 John 3:16</b>	He taught us to love		

## Fourth Quarter

We meditate on Jesus' resurrection and his apparitions to his disciples. We walk with the risen Christ and set out to love and serve him in concrete ways in our lives in the world.

- Understanding my indissoluble relationship to Christ and all of creation; how can I live with a resurrected spirit of hope?
- Revisiting the graces of the previous three quarters, including a "Contemplation on the love of God," am I aware of the awesome work of God in every dimension of life?
- How will I bring the graces of this retreat into the everyday world?

<b>Goodness &amp; Kindness</b>		<b>Collaboration</b>	
<b>John 20:19-23</b>	Peace be with you	<b>John 20:19-23</b>	Peace be with you
<b>John 20:24-29</b>	Thomas: My Lord and my God!	<b>John 20:24-29</b>	Thomas: My Lord and my God!
<b>John 21:1-17</b>	It is the Lord. Feed my sheep	<b>John 21:1-17</b>	It is the Lord. Feed my sheep
<b>Acts 2:1-4</b>	Holy Spirit enflames the disciples	<b>Acts 2:1-4</b>	Holy Spirit enflames the disciples
<b>2 Corinthians 1:3-5</b>	We share abundantly in Christ's consolation	<b>2 Corinthians 1:3-5</b>	We share abundantly in Christ's consolation
		<b>Mark 16:1-8</b>	Where have you put him? Mary!
		<b>Luke 24:13-35</b>	Emmaus. They recognized him in the breaking of the bread
		<b>Matthew 28:16-20</b>	Ascension: Go forth. I am with you always