

Contemplatives In Action Curriculum

Time: 45 minutes

Group: Any number, broken into small groups of 3-4 for sharing

Materials: [Exploring Our Stories Worksheet](#) (virtual), printed worksheets and pens (in-person).
If printing worksheets, download and delete the textboxes in the wheel before printing.

Outcomes: Students will connect the idea of the individual story to Cura Personalis.
Students will reflect on their social identities and personal story.
Students will share parts of their story with others and hear stories of others.
Students will establish the foundations for honest and meaningful dialogue.

Contemplatives In Action relation (bolded): **Self / Group / Community**
Experience / **Reflection** / Action

Summary:

Mission Foundation (7 minutes)
Community Agreement (3 minutes)
Exploring Your Story (10 minutes)
Sharing Your Story (25 minutes)

Facilitators: when applicable, suggested scripts will be written in italics.

Virtual Tips: Use “Exploring Your Story” time to create small group breakouts in Teams.

Mission Foundation (7 minutes)

Outcome: Students will connect the idea of the individual story to Cura Personalis.

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Ignatian Spirituality that is the foundation of Jesuit beliefs. Cura Personalis, which is each individual. Our talents, abilities, physical attributes, personalities, desires, hearts, faith, and minds are all equally worthy of care and attention.
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 Watch Video (4 min): [What is Cura Personalis?](https://www.youtube.com/watch?v=m80RusJ7OHs&t=6s)
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 Brief Reflection (2 min): At Marquette, we have an expectation that we care for one another in meaningful ways. This starts by *Exploring Our Stories*.
 What are your initial thoughts to the video?
 What was your favorite part of the video?
 Why is this important for our roles?

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- ◁ *Script: THANK YOU for your vulnerability and stories and begin learning about one another as individuals. This is how we create meaningful relationships rooted in reflection.*
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If you have continued contact with this group of students, these sheets can be interesting to come back to later and re-read as the group develops. You can collect them or ask students to hold on to them for another date.