



# Alpha Sigma Nu

THE HONOR SOCIETY OF  
JESUIT COLLEGES AND UNIVERSITIES

MEMBER OF THE ASSOCIATION OF COLLEGE HONOR SOCIETIES

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## LEADING AS IGNATIUS TEACHES US

### A Jesuit Pope

Where were you when you heard the news? For the Jesuit-educated, Pope Francis's election is a seminal moment, and for many in the Church, an unanticipated development. The media reflected the surprised response from the wider world community.

*The New York Times*

headline read, "New pope puts spotlight on Jesuits, an influential yet self-effacing order," the *Washington Post* headlined, "Pope Francis as the first Jesuit pope explained," and Reuters stated, "First Jesuit pope brings new concerns, new style." Perhaps Loyola University Maryland professor emeritus and AΣN Faculty Adviser **Frank Haig, SJ**, (Wheeling '66), said it best, though, "No one was more surprised when the curtain on the balcony overlooking St. Peter's Square was drawn back and Pope Francis emerged than his fellow Jesuits."

Alpha Sigma Nu members have an immediate connection to the new pope as we all have been encouraged to walk in Ignatius's footsteps, seeking to find God in all things, while learning to think critically, reflect, and act for the good of society.

Jesuits, and those familiar with the Spiritual Exercises, think that Ignatian spirituality will have a profound influence on Pope Francis's leadership. In her article for the *Washington Post*, J. Michelle Molina, Northwestern University's John W. Croghan Assistant Professor in Catholic Studies, states, "...any effort to understand the man ought to include a sense of the Spiritual Exercises, a Jesuit meditative program of spiritual renewal that connects self-reform to transformative action in



*Father General Adolfo Nicolás, SJ, and Pope Francis  
Photo by L'Osservatore Romano*

the world." Today it is not only Jesuits who share the common experience and impact of the Exercises as laypeople are encouraged to participate as well. [IgnatianSpirituality.com](http://IgnatianSpirituality.com) defines the Exercises in this way:

*The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed*

*by St. Ignatius Loyola to help people deepen their relationship with God. For centuries the Exercises were most commonly given as a "long retreat" of about 30 days in solitude and silence. In recent years, there has been a renewed emphasis on the Spiritual Exercises as a program for laypeople.*

What shall we look for in Pope Francis's leadership that will reflect Ignatius's influence and that of the Exercises? What does Ignatian inspired leadership look like?

**Chris Lowney** (Fordham '04) provides guidance in *Heroic Leadership*, a book often referenced when discussing the Jesuit leadership approach. Based on his experience as both a Jesuit and a JP Morgan manager, he outlines four pillars at the core of Jesuit leadership:

- Self-awareness: understanding your strengths and weaknesses, values and world view
- Ingenuity: confidently innovating and adapting to embrace a changing world
- Heroism: motivating yourself with desire for excellence but with goals that are bigger than any one person's ego

*continued on page 3*



# IGNATIAN LEADERSHIP IN THE UNIVERSITY

**Springs Steele, PhD** (Scranton '83), and Karin Botto, MS

At Saint Joseph's University, Ignatian leadership is a core element of the university's mission. Over the last five years, the Offices of Mission and Organizational Learning & Leadership have worked collaboratively to develop two related, but distinct, Ignatian leadership cohort programs for administrators and faculty. At the heart of both is a concept of Ignatian leadership developed from interviews with significant Jesuit 'elders,' from the Spiritual Exercises, and from contemporary leadership theory:

*Ignatian leadership is a transformational process whereby an individual or group assists another individual or group in discerning God's will in a specific context, and facilitates its implementation, always seeking the magis.*

Based on this definition, for an Ignatian leader, the goal in any context is the magis, understood as the greater or more universal good, which is determined through the process of Ignatian discernment. For that reason, a critical element in both programs is training on individual and communal discernment. The programs also share grounding in the history and spirituality of the Society of Jesus and an experience of the Spiritual Exercises.

What we have learned in developing these programs and planning new ones for students, trustees, and alumni, is that the form leadership takes is constituency dependent. To illustrate, our faculty program includes Catholic Social Thought and Ignatian approaches to teaching (Ignatian Pedagogical Paradigm and service learning), research and scholarship (justice, ethics, scholarship of engagement), and service. Participants in our program for administrators, on the other hand, undergo a 360° feedback process to develop leadership goals, have the opportunity for

mentoring, and complement their formal seminars with topics such as group dynamics, coaching, team-building, and emotional intelligence.

To date, four cohorts have participated in SJU's Ignatian Leadership Programs. Some of the positive outcomes noted include the forming of a common culture in an increasingly diverse population, a shared community experience for the participants, an increase in empathy toward fellow community members and a greater connection to the university's mission.

For more information about Saint Joseph's University's Ignatian Leadership Program, contact Springs Steele, Vice President for Mission (esteele@sju.edu) or Karin Botto, Executive Director of Organizational Learning & Ignatian Leadership (botto@sju.edu). ☦



*Springs Steele, PhD (Scranton '83)*



## Ignatian Leadership Training

Contemplative Leaders in Action (CLA), designed for young adult professionals, is a two-year faith formation and leadership development program rooted in the Spiritual Exercises of St. Ignatius. While the program nurtures individual growth, it strives to develop a cohort of leaders who can bring the dynamics of faith and justice to lead their families, co-workers and communities. The program currently operates in New York, Philadelphia, Boston, Washington, D.C., Syracuse and Atlanta. For more information about CLA in Philadelphia, contact Springs Steele at esteele@sju.edu. For all other cities, contact Mary Tracy at mtracy@jesuitcollaborative.org.

## LEADING AS IGNATIUS TEACHES US continued from page 1

• Love: treating people with dignity, recognizing potential in others and acting on it

Commenting in *The Georgetown* on the special connection that Alpha Sigma Nu members and fellow Jesuit alumni have with Pope Francis, **John DeGioia** (Georgetown '86), President of Georgetown University explained, "Our work at Georgetown is informed by the spirituality of St. Ignatius Loyola, the founder of the Jesuit order. This very same tradition played an essential role in the formation of our new pope, and we have seen it expressed in his preference and care for the poor, his vow of poverty, and his ministry as Archbishop of Buenos Aires. We are grateful to share this spiritual affinity with our new pontiff."

AΣN shares insights and resources to assist members in leading as Ignatius teaches us and is using technology to provide members opportunities to deepen their knowledge and experience of Ignatian spirituality:

- At [www.alphasigmanu.org](http://www.alphasigmanu.org), find:
  - Topical articles on Ignatian Spirituality, Jesuit projects
  - Speaker events on spirituality and other topics at Jesuit schools
  - Alumni Club sponsored Ignatian spirituality events
  - Links to noteworthy Jesuit websites and blogs
  - The Spiritual Exercises
- AΣN's Facebook and LinkedIn pages:
  - Post pertinent articles and events highlighting Ignatian spirituality
  - Feature stories of Ignatian inspired leaders
- Email communication informing members on local Ignatian programs

Surely Pope Francis's Ignatian inspired leadership will strike a particular chord with AΣN members and shine a light on the Ignatian leadership potential in all of us. ☦



*President **Richard Salmi, SJ** (Loyola Chicago '06), and Faculty Adviser **Michael Williams, SJ** (Spring Hill '01), welcome the 2012 Spring Hill College inductees*

## Q&A: SJs REFLECT ON POPE'S LEADERSHIP

We asked our Jesuit Faculty Advisers, how will Pope Francis's Jesuit training affect his leadership style?

I think that the Ignatian trials that Pope Francis experienced as a novice – working on a farm and in a hospital, going on pilgrimage, cleaning house, etc. – would give him an appreciation for the sufferings of those who are not powerful and rich. Ignatius placed great emphasis on the rejection of ecclesiastical honors, and I hope Pope Francis considers the honor that he has received to be a burden and not glory in the papal trappings of his position. I hope that he will be as universally minded as St. Ignatius, recognizing the importance of the churches in all parts of the world and not just in the most Catholic of countries.  
– **Charles Allen, SJ** (Boston College '90), Faculty Adviser, Fairfield University



Pope Francis, as a son of Ignatius, will call the Church to the kind of prayer that will bring us all to experience a deep unity based on our personal experience of the Lord's unconditional love for each of us. Our experience of that love will call forth our loving response as the Body of Christ; beyond mere uniformity, to a faith that acts, a faith that sets the world on fire. I hope that he will wake up Church leaders to the seductive nature of the unholy triad that Ignatius identifies as "first riches, then honors, and finally pride." Leadership by example – examples of humility, service, and simplicity – would go a long way to heal the Church.  
– **Michael Braden, SJ** (Saint Peter's '10), Faculty Adviser, Saint Peter's University



A great deal of my life has been spent on my Jesuit formation and in guiding that formation in my younger Jesuit brothers. At its most basic, this formation is about listening and availability. What do people need? Asking them and listening to their surprising answers will always change us. I think his greatest gift to the Church may be his listening to the poor. The very fact that we do not seek Church office means that a Jesuit brings a different perspective. His fellow bishops sensed that in him and so turned to him.  
– **Gregory Carlson, SJ** (Creighton '94), Faculty Adviser, Creighton University



Jesuits have two interests that will be significant in the pontificate of Pope Francis, evangelization and education. Young Jesuits are taught to concentrate on the lives of early Jesuits such as Francis Xavier, Matteo Ricci and Robert de Nobili, men who spread the gospel and adapted it to diverse cultures. They read about Robert Bellarmine, John Courtney Murray and Karl Rahner for whom education was a life's work. Poverty, Jesuits know, can be overcome by education and the Christianization of culture.  
– **Frank R. Haig, SJ** (Wheeling '66), Faculty Adviser, Loyola University Maryland



Saint Francis of Assisi was a very important role model for St. Ignatius because of his devotion to the humanity of Jesus and his insistence on poverty. Pope Francis's practice of giving brief, daily homilies at Mass on the



Scripture readings strikes me as something he would have done often even before he became a bishop. I find more than a few traces of the Spiritual Exercises in his manner of speaking and preaching. For St. Ignatius and the early Jesuits, the role of the pope in relation to the Society was very important. Even while they were still deliberating about becoming a religious order, their very first decision was to take a vow of going wherever the pope might send them. I think Pope Francis is well aware of this.  
– **Paul Harman, SJ** (Holy Cross '09), Faculty Adviser, College of the Holy Cross

Pope Francis's Jesuit training has already affected his leadership style. As he began his Petrine ministry, he called on the Church to serve the "poorest and weakest." This emphasis reflected the call of the Jesuits at their 32nd General Congregation, where Francis was a voting member, "to serve faith and promote justice." His call to priests to go to the "outskirts" as well as his desire to enter into dialog and build bridges with political and religious leaders of all faiths, reflect both his own family's origins as immigrants to Argentina as well as Ignatius's call in the Spiritual Exercises to announce God's Kingdom throughout the world.  
– **Patrick Lynch, SJ** (Canisius '05), Faculty Adviser, Canisius College



When Pope Francis selected eight cardinals to be part of his advisory board, it was a clear indication of the influence of Jesuit governance. Pope Francis, as a young man, had been the Provincial for the Argentinian Jesuits. Provincials usually have four consultors who advise them.



The Provincial makes the final decision, but he is guided through the wise counsel of his brother Jesuits.  
– **Paul Mariani, SJ** (Santa Clara '13), Faculty Adviser, Santa Clara University (Photo of Father Mariani by Tom Bracco, SJ)

Pope Francis reflects St. Ignatius, in humility, his own and his call to others; in his clear concern for the marginalized, the under-served or never-served; in his clear understanding of the universal nature of the Church; in his clear understanding of the work of the "evil one" in human lives. It is clear that St. Ignatius (not to mention St. Francis) had enormous impact on Francis' life, and certainly his message.  
– **Paul Stark, SJ** (Saint Louis '97), Faculty Adviser, Saint Louis University



His "regular guy" style has provided hope for many that he will, as Jesuit Cardinal Martini hoped, strive to bring the Vatican out of the 17th century and into the 21st. His pastoral approach puts the face of Jesus on an institution that for many people often seems impersonal and un-Christian. No one can predict what the legacy of Pope Francis will be, but like all people, he needs our prayerful remembrance so that he can live the principles Ignatius articulated in the Spiritual Exercises.  
– **Michael F. Steltenkamp, SJ** (Wheeling Jesuit '95), Faculty Adviser, Wheeling Jesuit University





# LEADING IGNATIAN-STYLE IN THE PROFESSIONAL WORLD

Investment banker. Healthcare professional. Associate in a law firm. Teacher. Non-profit manager. Alpha Sigma Nu Chapter members aspire to these positions, cognizant of the moral and career challenges they will face. While meeting at the 2012 Triennial Conference, Board members **Cassandra Clark** (Holy Cross '01), **Kerry Dziubek** (Marquette '90), NY AΣN Alumni Club President **Bob Kennedy** (Canisius '84), Fordham Chapter officers **Michael Cuomo** (Fordham '12) and **Jobin Varghese** (Fordham '12), Fairfield Chapter President **Deirdre Forrest** (Fairfield '12), and Saint Peter's Chapter President **Amanda Maldonado** (Saint Peter's '12) identified both the need for mentors and for the opportunity to connect student members with those members established in careers. The New York Alpha Sigma Nu Career Night was born.

After surveying their fellow students, Jobin and Michael identified those professional connections Chapter members were most interested in establishing. Then the NY Alumni Club and the AΣN office recruited a panel of AΣN members whose careers are in law, finance, education, medicine and non-profit management. The panel was tasked with addressing the challenges of living the AΣN values and leading in an Ignatian-inspired manner while simultaneously seeking professional success and excellence.

**William Buckley** (Le Moyne '75) and **Heather Sertial** (Fordham '09) shared their experiences as attorneys. Discussing finance were **Daniel Williams** (Marquette '92), **Mark Schmidt** (Georgetown '12), and **Diana Kolar** (Georgetown '12). **Elaine McNeil-Girmai** (Loyola Marymount '09) and **Patricia Peek** (Fordham '90) represented education. **Dorothy Alana Fink** (Georgetown, '03) discussed medicine while **Kellie Terry-**



AΣN alumna **Diana Kolar** (Georgetown '11), Board member **Kerry Dziubek** (Marquette '90), and NYC Alumni Club President **Bob Kennedy** (Canisius '84)



Fairfield student members **Bridget Butterworth** (Fairfield '12), **Jacqueline Brimley** (Fairfield '12), **Kevin Reda** (Fairfield '12), and Chapter President **Deirdre Forrest** (Fairfield '12)



Fordham officer **Michael Cuomo** (Fordham '12), AΣN alumnus **Greg Guglielmo** (Georgetown '06), and Fordham Chapter President **Jobin Varghese** (Fordham '12)

Directory at [www.alphasigmanu.org](http://www.alphasigmanu.org) (password: JESUIT). To participate in future programs, email the AΣN Office at [info@alphasigmanu.org](mailto:info@alphasigmanu.org).

**Sepulveda** (Holy Cross '99) addressed leading a non-profit organization.

Ms. Dziubek hosted the event at Arnold & Porter LLP, where she practices law, and the New York Club welcomed alumni members and students from Fordham, Fairfield, and Saint Peter's. "I must say that there was an amazing energy that night. It was wonderful to see that even though each person's experience and expertise were different, we all have the same core Jesuit values," said Bob Kennedy. Saint Peter's senior **Renee Brzyski** (Saint Peter's '12) commented, "I loved connecting with AΣN students from other universities and learning about their goals and dreams internally within the society and externally outside of the society. Networking is critical for students. Programs like this give students the opportunity to meet professionals from different vocational backgrounds. We were able to hear about their stories of leadership and their climbs to success."

"These member to member conversations on the influence of Jesuit education on professional lives are just the kind of networking the AΣN Board is looking to promote," explained Kerry Dziubek. "Not only are AΣN members sharing their perspectives on career strategies and experience with student members, but they also are speaking to how the AΣN values influence the way they live their professional lives." Alpha Sigma Nu Chapters and Alumni Clubs in other cities look to collaborate on similar programs in 2013-14 and would welcome wider member involvement. Be sure to update your personal and business contact information on the Member

# CHAPTER LEADERSHIP IGNITED

Energized by the October Triennial Conference and inspired to Ignatian leadership, the Chapter presidents got to work planning some impressive Chapter programs. Here are a few standouts:

Distinguished speakers for annual lecture series to promote *scholarship*:

- **Campion** – Remembrance Day Talk; **Creighton** – AΣN Lecture featuring Betsey Fischer of *Meet the Press*; **Gonzaga** – Last Lecture with Gonzaga Rector and former AΣN Board President **Steven Kuder, SJ** (Seattle '77); **Loyola Chicago** – Lecture series featured LUC professors Kathleen Maas Weigert, PhD, Patrick Green, PhD, and Stacy Neier, MBA, as they gave 'the lectures of their lives' for AΣN Week; **Santa Clara** – Last Lecture with **Michael McCarthy, SJ** (JST '96); **Spring Hill** – Jesuit Heritage Lecture with Jamie Franco-Zamudio, PhD; **University of Detroit Mercy** – Food for Thought lecture with Carla Groh, PhD (AΣN Book Award winner in 2012)

Engagement with the Jesuit community, forging deeper relationships and *loyalty* to Jesuit ideals:

- **Boston College** – AΣN seniors lunch with President **William Leahy, SJ** (Saint Louis '72); **Creighton** – Dinner with the Jesuits; **Georgetown** – Chapter collaboration on Ignatian Heritage Week; **Le Moyne** – Tour of the Jesuit residence; **Marquette** – Jesuit Residence Pizza Party; **Regis University** – Annual dinner with Jesuit community; **Saint Joseph's** – Good Company Series (bringing together students and Jesuits for conversation and dinner); **Saint Louis** – Visit with retired Jesuits; **University of Scranton** – Collaborated with Campus Ministry on Ignatian Ignition Week; **Xavier** – Spaghetti dinner with the Jesuits

## scholarship

**Lorren Patterson** (Gonzaga '12) Our Chapter's "Last Lecture" featured **Steven Kuder, SJ** (Seattle '77), who outlined a model of Jesuit leadership encouraging self-awareness and service. He reminded me that I am called to serve others in my leadership positions. Serving as president of the Gonzaga Chapter has helped me grow as a person and a leader.

## loyalty

**Julia Chaplin** (Scranton '12) The sense of community that our Jesuit identity creates here at Scranton was essential to the success of Ignatian Ignition Week. Not only was this an opportunity to develop leadership skills in event planning, but everyone was able to learn more about how Jesuit ideals fit into our lives.



Scranton officers **William C. Thomsen** (Scranton '12), **Christine C. McBride** (Scranton '12), Chapter President **Julia Chaplin** (Scranton '12), **Jonathan B. Schall** (Scranton '12), and **Bradley M. Wierbowski** (Scranton '12) pose for a selfie



Gonzaga Chapter members **Emily Slater** (Gonzaga '11), **Katie Dobbs** (Gonzaga '12), **Katie Prager** (Gonzaga '12), **Jenna Lochner** (Gonzaga '12), Chapter President **Lorren Patterson** (Gonzaga '12), and **Renata Williams** (Gonzaga '11)

Service projects to exemplify the AΣN tenet of *service* to the community:

- **Creighton** – Participated in Creighton Clean-up Day; **Fairfield** – Increased awareness of autism during Light It Up Blue for Autism Awareness Day; **Fordham** – Relay for Life team, Right to Play; **Holy Cross** – participated in Project Night Night providing tote bags with books, blankets, and stuffed animals to homeless children; **Marquette** – AΣN alumni and student team for Hunger Clean-up; **University of San Francisco** – joint team with the National Society of Collegiate Scholars for the Relay for Life; **Wheeling Jesuit** – daily Bread Run delivering food to local charities

## service

**Grace Williams** (Wheeling '12) While I can't take credit for the ingenuity and organization behind Wheeling Jesuit's Bread Runs, I am honored to have been a small part of such an amazing legacy. I am confident that our Chapter of Alpha Sigma Nu will continue living out the Jesuit tradition of service to others by feeding the hungry for many more years.



Creighton AΣN members volunteer during Creighton Clean-up Day

# YOUNG ALUMNI ATTACK THE YAC!



This year we issued the first ever Young Alumni Challenge (YAC), asking members inducted in the last decade to give gifts of any size - \$5, \$10, \$25. Thank you, young alums...you embraced the YAC! Generously, former AΣN Board presidents Becky Cates (Gonzaga '81) and David Ralston (Georgetown '76) and current Board president Patrick Cain (LMU '78) energized the campaign by issuing the Presidents' Young Alumni Match in conjunction with the Challenge. The Match doubled all new money given by Challenge participants. With the help of the Presidents' Match, the Young Alumni Challenge brought in \$19,125 and 98 new donors to AΣN! Thank you, Becky, David, and Pat, for helping make this first Challenge a success!



# CHAPTER LEADERSHIP IGNITED

*continued from page 5*

Creative energy and inspired leadership also forged some new or renewed events this year that promoted the Society and its tenets. Some outstanding events to note:

**Boston College** - AΣN members were directed in the Daily Examen by the Center for Ignatian Spirituality during AΣN Week, held a panel discussion on God and Science featuring 2012 AΣN Book Award winner **Lawrence Scott, PhD** (Boston College '13), and theology professor Stephen Pope, PhD

**Lynda Gorbach**  
(Boston College '12)

*We organized the Introduction to the Ignatian Examen for our Chapter members. Assembled together in prayer and silent reflection, we formed a Chapter bond creating a true family. The reflection gave us a chance to evaluate our experiences and choices as students, as humans, and as members of the Jesuit community.*



**Gonzaga** – AΣN Retreat for new members to kickoff the year



**University of Scranton & Marquette**– “I ♥ Jesuits” t-shirts

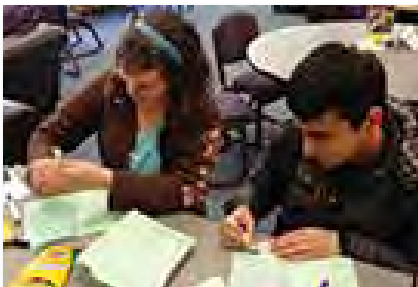
**Seattle University** – Celebration of Service appreciation event for all students active in community service this year, Making a Living, Making a

Difference

**Elena Coe** (Seattle '12)  
*As president of AΣN this year, I gained a much better understanding of the importance of feeding the pre-existing drive for service within our members and giving them more tools to make their efforts more effective.*

discuss how to maintain Jesuit values after graduation

**Le Moyne** – Ignatian Heritage Week events including a panel discussion on “Interreligious Exploration of Faith,” an art wall displaying student drawings of what spirituality means to them, a luminary ceremony prayer service and reflection, a JVC and non-profit speaker event, and an appreciation reception honoring professors



**Saint Joseph's** – first ever Jesuit Appreciation Day with a mini-conference hosting Jesuit-led sessions on Ignatian leadership and Jesuit education

*Students make thank you notes for their professors*

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**Seattle President Stephen Sundborg, SJ** (Seattle '99), **VP of Mission & Ministry Peter Ely, SJ** (Gonzaga '89), **Faculty Adviser Paul Fontana, PhD** (Seattle '09), and **Chapter President Elena Coe** (Seattle '12), with all current and incoming officers sporting the Chapter's new t-shirt

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## FROM *HEROIC LEADERSHIP* Four Guiding Principles Forming an Integrated Way of Living, a "Way of Proceeding"

**Self-awareness:** Leaders thrive by understanding who they are and what they value, by becoming aware of unhealthy blind spots or weaknesses that can derail them, and by cultivating the habit of continuous self-reflection and learning. **Key virtue:** humility - accepting the truth about oneself through regular Daily Examen practice

**Ingenuity:** Leaders make themselves and others comfortable in a changing world. They eagerly explore new ideas, approaches, and cultures rather than shrink defensively from what lurks around life's next corner. Anchored by non-negotiable principles and values, they cultivate the "indifference" that allows them to adapt confidently. Saint Ignatius of Loyola described the ideal Jesuit as "living with one foot raised" – always ready to respond to emerging opportunities. **Key virtue:** indifference or interior freedom

**Love:** Leaders face the world with a confident, healthy sense of themselves as endowed with talent, dignity, and the potential to lead. They find these attributes in others and passionately commit to honoring and unlocking the potential they find in themselves and in others. They create environments bound and energized by loyalty, affection, and mutual support – places marked by "greater love than fear." **Key virtue:** love

**Heroism:** Leaders imagine an inspiring future and strive to shape it rather than passively watching the future happen around them. One will not achieve the dream one cannot imagine. This involves the Ignatian ideal of the "magis." **Key virtues:** cultivate imagination, be visionary and commit to a purpose larger than yourself

From *Heroic Leadership: Best Practices from a 450-Year-Old Company That Changed the World*, by Chris Lowney. Chris has a new book coming out in the fall on the new pope and leadership. 🙏



## THE DAILY EXAMEN

1 Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit.

2 Review the day with gratitude. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. God is in the details.

3 Pay attention to your emotions. Reflect on the feelings you experienced during the day. What is God saying through these feelings?

4 Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5 Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Seek God's guidance. Ask him for help and understanding. Pray for hope.

Abridged from IgnatianSpirituality.com