

This fall is different than any other. In this issue, learn about university plans, making decisions, connecting in new ways, and turning the trauma of this pandemic into personal growth.



Edition 11 | August 2020

[Resources](#) | [Shop](#) | [Donate](#)

We are going into a fall season unlike any other. Back-to-school this year comes with uncertainty in an ever-changing landscape and important decisions about health, safety, and well-being. While universities and primary and secondary schools decide on plans for the coming school year, parents are deciding what is best for their children. On the other end of the spectrum, people are facing decisions about what to do in retirement. What is God's calling for the next chapter in their lives? No matter the important decision at hand, St. Ignatius has given us tools to discern the way forward.

The realities of this pandemic are causing widespread uncertainty and isolation. As a community of Jesuit-educated alumni, we have had to rethink how we connect, communicate, and gather. Connection has never been more vital to our members' and our organization's well-being. Read in this e-newsletter how to use these challenges to create positive growth in ourselves and our communities.



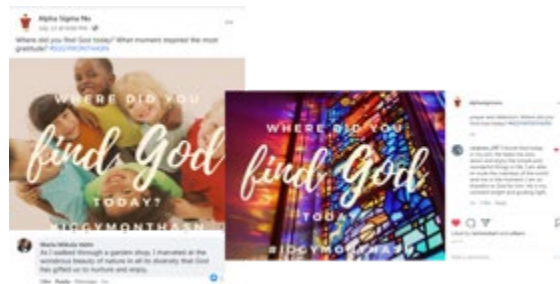
Finding Connection... in New Ways

In an effort to connect our members in important conversation and reflection during this unprecedented time of isolation and desolation, ASN has turned to social media to share resources, spark conversation, offer reflection, and even to connect members regionally.

To add to the understanding and conversation about racial inequality, amped by protests and media coverage, ASN shared resources daily throughout much of June from our Jesuit network. Our Jesuit and Ignatian partners were quick to add their voices, create content, and call for racial justice. Hopefully some of the shared resources added to your own journey of understanding racism.

In July, in the lead up to the Feast Day of Saint Ignatius, ASN hosted a month-long social media campaign around Finding God in All Things. Using the popular Ignatian teaching and using the Universal Apostolic Preferences as a guide, we called members to reflect on where they found God in their day. By finding God in our daily life, we find our way out of desolation and into consolation. Some members shared their responses on social media. You can find the conversation by searching #IGGYMONTHASN on Facebook, Instagram, and Twitter.

This month we are piloting a virtual gathering space for members in the Washington, DC, region. Some members of the [Young Alumni Advisory Council](#) spearheaded the creation of a pilot Facebook group for ASN alumni of all ages living in the DC area. Since in-person connection is unsafe during this pandemic, we hope this group will provide another way of connecting. If you are in the DC area, [join the group here](#).



FALL RE-OPENING PLANS



Click [here](#) to view the AJCU coronavirus information page, featuring re-opening plans for Jesuit colleges and universities.



Find Your University's Plan for Fall 2020

The Association of Jesuit Colleges and Universities (AJCU) has a continuously-updated chart of the [plans for Fall 2020](#) instruction at the 27 Jesuit universities in the U.S. Find your school or alma mater's plan - virtual, hybrid, in-person instruction - as we move into back-to-school season.

[Campion College in Regina, SK, Canada](#)

[Regis College in Toronto, Canada](#)

[Loyola University Andalucia in Cordoba/Seville, Spain](#)

[Universidad del Pacifico in Lima, Peru](#)

St. Ignatius Loyola: A Case Study in Posttraumatic Growth

By Lennis Echterling (Rockhurst '68)

On 20 May 1521, Ignatius Loyola, a combatant in the Battle of Pamplona, was gravely wounded when a cannonball shattered his right leg. He survived the life-threatening injury, but he then had to endure an excruciating series of unsuccessful operations, followed by months of recuperation and isolation. When he finally completed his lengthy convalescence, Loyola remained battle-scarred and, although an expert dancer in his youth, walked with a limp for the rest of his life.



Nearly 500 years later, Loyola's experience has striking parallels with today's countless victims of war. Millions have suffered both physical and psychic wounds, displaying the classic symptoms of posttraumatic stress disorder (PTSD)—flashbacks, nightmares, social withdrawal, and a profoundly negative mood. However, Loyola's life provides us with an inspiring case study of posttraumatic growth (PTG), a recent concept in psychology. We are discovering that many trauma survivors are resilient. Somehow, they are able to achieve positive transformation, transcendence, and dramatic personal growth while they engage in the challenging, and often painful, process of resolving their crises. A survivor may eventually bounce back after a trauma, but a thriver, such as Loyola, can reach even greater heights of PTG.

[READ MORE>>](#)

Dr. Echterling is a 2020 ASN Magis Medal winner. Read more about his work and that of our other winners in the forthcoming Alpha Sigma Nu Magazine and on our [website](#).



[A Step-by-Step
Discernment Process](#)



Registration is open for the 2020 Ignatian Family Teach-In for Justice which will, like everything else, look a little different this year. [Ignatian Solidarity Network](#) has reworked

By Teresa Blythe

Stage 1: The Preparation

Stage 2: Holy Indifference to Outcome

Stage 3: Practical Considerations

Stage 4: Considering Intuition and Felt Senses

Stage 5: Using Your Imagination

Stage 6: Make the Choice

Stage 7: Take the Action & Evaluate

From patheos.com/blogs

their popular annual event to a virtual format. One benefit of the new format is the ability to reach a much wider audience.

Alpha Sigma Nu wants members to have the opportunity to join the event! We have 250 paid registrations available to members. [Contact us](#) if you are interested in registering!

PROPHETIC RESILIENCE

Using the power of a virtual space to connect the Ignatian network, the 2020 Ignatian Family Teach-In for Justice will serve as a witness to our resilience—continuing our work to collectively seek a more just world even in the midst of a pandemic.

Join for 8-month access to keynote speakers, professional development, breakout sessions, networking sessions, and resources!

[BECOME AN ASN REGISTRANT](#)

The more I thought about my patients during this pandemic, the more strongly I felt that, “If we have no peace, it is because we have forgotten that we belong to each other.” (St. Teresa of Calcutta)

-Courtney Child (Creighton `19), Jesuit Volunteer, RN at Bread of Healing Clinic



Join the Conversation

Exclusive Offer for
ASN Members

1 Year Subscription: \$39

26 Biweekly Issues, 2 Special Literary Issues

*Plus free access to the digital edition on
americamagazine.org.*

SUBSCRIBE TODAY



**ASN webinar featuring Tom Auffenberg of
The Next Chapter and John Green of the
Ignatian Volunteer Corps**

Tuesday, September 15th at 7 pm ET

or

Thursday, September 17th at 1 pm ET

Members preparing for or beginning retirement, register for this member-exclusive webinar to determine where God is calling you in this next chapter of your life. There are two webinar dates and times to choose from.

Let Tom Auffenberg of The Next Chapter, a discernment program for those entering retirement, spark your discernment process. John Green of the Ignatian Volunteer Corps, a volunteer program for those age 55 or better, will offer an opportunity for community service and Ignatian spiritual connection during retirement.

Learn more and Register

ALUMNI VOICES



Courtney Child (Creighton `19)

I recently wrapped up a challenging, joyful, and transformative year with the Jesuit Volunteer Corps (JVC). As a JV, I worked at the Bread of Healing Clinic, a free primary care clinic for uninsured adults in Milwaukee, WI, as a registered nurse.

My first day at Bread of Healing set the tone for the whole year – from speaking multiple languages, scrounging up the right wound supplies, to connecting to one of my new colleagues through a Creighton peer. After a day and a half of “orientation,” I navigated my new world via “a baptism by fire.”

A second wave of nerves washed upon the shores of my confidence in March, when the COVID-19 global pandemic crashed into the United States. My patients are those who do not have the luxury of working from home; those who cannot take time off work for fear of lacking rent money; those who struggle with chronic illnesses. The more I thought about my patients during this pandemic, the more strongly I felt that, “If we have no peace, it is because we have forgotten that we belong to each other” (St. Teresa of Calcutta). We cannot divide into “us” and “them;” we must be united because we care for each other.



[Read more >](#)

[Write for ASN]

We want to hear your voice. What's your story?

Alpha Sigma Nu is looking for alumni members to guest write blogs or articles for our publications and website. If you are interested in sharing your journey since induction, [contact us](#).



[Unsubscribe](#)

Alpha Sigma Nu, Inc.

1102 W. Wisconsin Ave. #330 PO Box 1881