



Leadership by **DISCERNMENT**

03 to 07 August 2018
Kamakura, Japan

jcapedu.org/kamakura2018

COMMUNAL DISCERNMENT Individual Checklist



Am I in silence: A prayerful or meditative attitude?

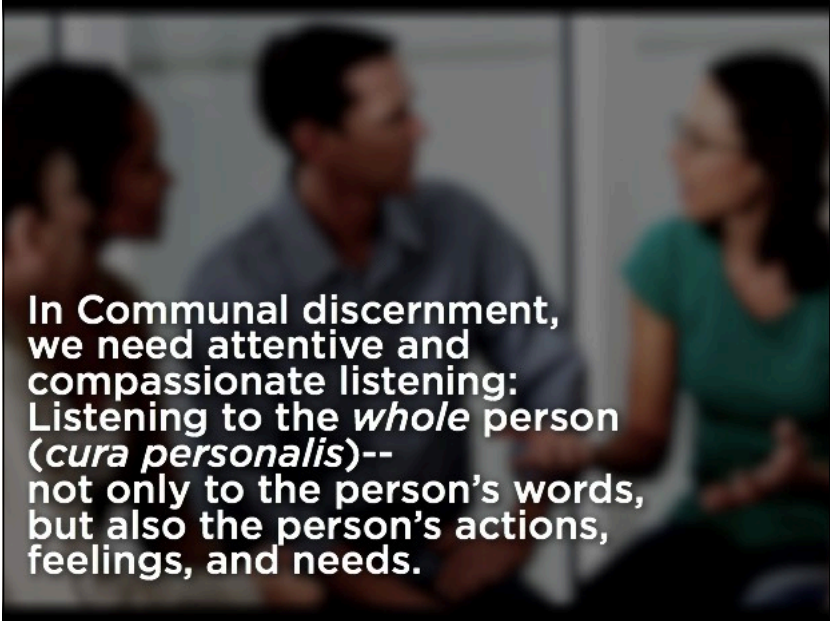
**Do I sincerely want to discover the MAGIS
(God's Will, the Greater Good) for the mission?**

**Do I have self-awareness (especially of my own
preferences and biases about issues and persons)
and a desire to be free from them?**

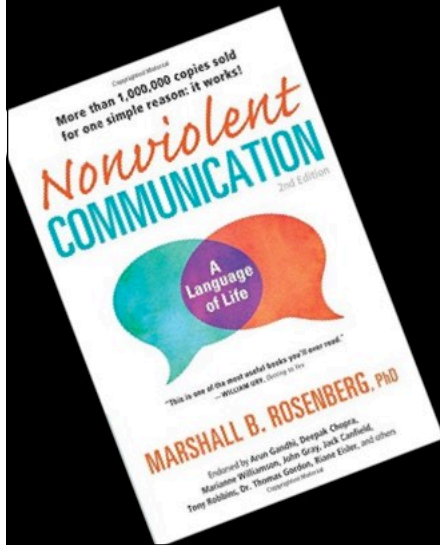
**Am I open to other position and willing
to change my own position?**

**Do I trust the members of the group?
Do I feel safe enough to be honest?**

**Am I willing to listen to others--not in order to refute,
but in order to learn from others?**



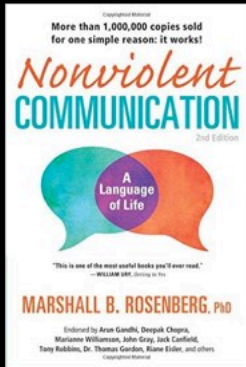
**In Communal discernment,
we need attentive and
compassionate listening:
Listening to the *whole* person
(*cura personalis*)--
not only to the person's words,
but also the person's actions,
feelings, and needs.**



a way of communicating in which we speak without **criticism** or **judgment**, and we **promote empathy and compassion**

used for **feedback giving + ATTENTIVE + COMPASSIONATE LISTENING**

4 elements



observation

feelings

needs

response

WORDS OR ACTION	“You have been unfair to my son! We will sue!”
FEELINGS	WORRY
NEEDS	Need for REASSURANCE
RESPONSE	?

HOW DO WE TALK?

Or is our language littered with **blame & criticism?**

Can we talk and listen with **empathy & compassion?**



Can you discern on your feet?



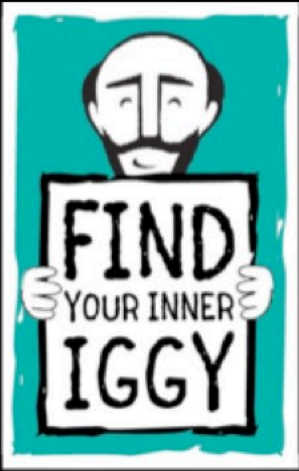
There will be occasions when we will not have the time for spiritual conversations and praying over our tentative decisions. This is why we are invited to become **"Contemplatives-in-Action," Ignatian leaders who are able to discern "on their feet."**

Contemplative-in-Action



"One end of the wick needs to be permanently immersed in the reservoir of oil. The other end needs to be sufficiently extended into the 'world' to be capable of being ignited."

- Margaret Silf in *Companions of Christ: Ignatian Spirituality for Everyday Living*



A CONTEMPLATIVE -IN-ACTION

is someone who has the habit of **reflecting on experience** and of **discerning the response** that is believed to be most likely the MAGIS (or God's Will).



Examen:

A practice to become Contemplatives-in-Action

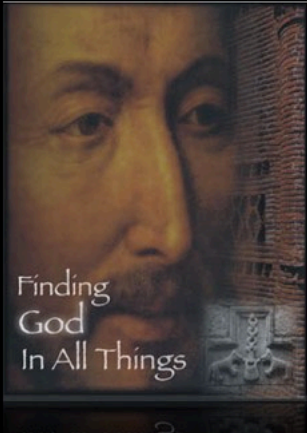


PRAISE:

An EXAMEN

A way of **reviewing our day to learn about ourselves and about God.**

An indispensable tool for self-awareness



- P - Pause**
- R - Review the day**
- A - Ask: What can I learn?**
- I - Imagine: How can I be better?**
- S - Speak with God and Self**
- E - End with Thanksgiving and Resolution**

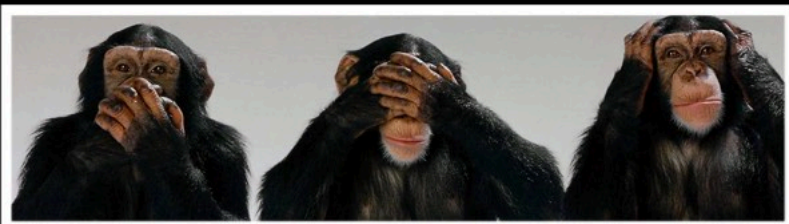
Discernment

- done in the presence of the Lord
- looking at the signs of the times
- listening to the things that happen
- sensing the feelings of people especially the poor.

- Pope Francis



'I USED TO THINK...



NOW I..."
