

Orientation:

Thoughts and observations:

- For some it is their first experience of spirituality
- Go inward to go outward

Ideas:

- Have volunteers lead
 - Have themed reading
 - Sharing of the heart (not say anything back to the person speaking, do this once a week)
 - Ask volunteers to be open to different forms of prayer
 - Rotate who leads prayer
 - Renew their baptismal promises
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Retreats:

Thoughts and observations:

- Fall – community, simple living
- Winter – social justice, simple living
- Spring – spirituality, transitioning out of service

Ideas:

- Have a retreat as part of orientation
 - Have a silent retreat
 - Get volunteers together from other programs in the same city
 - On Being podcasts
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Spirituality Nights:

Thoughts and observations:

- Volunteers are not coming in with the tools – we need to share forms of prayer with them

Ideas:

- Food!
- Connecting with the religious sponsors of your program – intergenerational dialogue
- Connecting with other volunteers in the city
- Book/author suggestions:
 - Dan Berrigan's *10 Commandments for the Long Haul*
 - Writings from St. Clare/St. Francis
 - *Tattoos on the Heart*
 - Books about the city where volunteers are serving

- Jean Vanier's *From Brokenness to Community*
 - Henri Nouwen
 - Thomas Merton
 - James Martin, SJ
 - Wilkie's *Urgings of the Heart*
 - Catherine of Siena Institute
 - Personality tests:
 - Strengths Finder
 - Myers Briggs
 - Enneagram
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Transition out of service:

Thoughts and observations:

- Volunteers need to think about this before the end of the year

Ideas:

- Spiritual Direction/mentorship
 - Talk about it during winter retreat
 - Talk about how to transition well in the spring
 - Say goodbye well, especially to clients
 - Make videos at the end of the year to help summarize the year
 - Forgiveness ceremony
 - Write a letter to themselves to be delivered a year later
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Alumni:

Ideas:

- Alumni retreats
 - All night prayer vigil during spring retreat – reach out to alumni to pray along with them
 - Create a journal for next class of volunteers
 - Survey alumni about their civic engagement and church involvement
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Program Staff:

Thoughts and observations:

- There is a coming together of different values – celebrate that
- If we're not filled, we can't give to our volunteers

Ideas:

- Create space in the budget for staff to have personal retreats
 - Go to Mass daily together
 - Have a space to share about faith
 - Start meetings with a prayer
 - Pray for direction from the Spirit
 - Taking time for staff sharing – example: decorating for the holidays
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Self-Care:

Thoughts and observations:

- We need to model self-care for the volunteers

Ideas:

- Asking yourself: when did you last take a breath?
 - Asking yourself: when did you last move?
 - The work will still be there tomorrow.
 - Can something wait to be able to take some time of self-care
 - Be aware of our language
 - Are we present with our volunteers?
 - Setting boundaries: 24/7 accessibility is too much
 - Making self-care a priority and naming that
 - Stating appropriate behavior for community (when to text, when to email, when to call)
 - Doing the reflections that volunteers do
 - Suggested reading: *Seven Dimensions of Wellness*
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