

Applying the Ignatian Examen to the Coronavirus Pandemic: **Father Len ponders with you the moment-**

- 1) Have I been able to more fully recognize the powerful and loving presence of God in all persons, situations and endeavors?
- 2) Where has God been in these days? In the lives of your neighbors and friends? In your family?
- 3) What has the Lord revealed to you in these moments of social isolation?
- 4) Has your contemplative prayer life expanded? Do you see the importance of silence?
- 5) Has your home become the domestic Church? Do I have Catholic symbols and art in my home and garden? Has my relationship with the Saints become more real and personal?
- 6) As parents, have you taken your role as the primary and most important catechists and religious educators of your children and teenagers?

- 7) Has the creation of sacred space and time helped you grow closer to God and each other?
- 8) Have you hungered and yearned for the Eucharist?
- 9) Has this hunger and thirst deepened your awareness of the “real presence” of Christ in a myriad of many others ways? In what ways is Christ really present beyond the Eucharist?
- 10) Do you use this time to deepen your knowledge of the Sacred Scriptures? What scholarly and appropriate pastoral/spiritual commentaries help you to do this? Are these commentaries reliable? How do you know that they are credible?
- 11) Do you now have a greater solidarity with your brothers and sisters throughout the world where the celebration and reception of the Holy Eucharist is very infrequent or even almost non-existent? How is your Eucharistic theology also a theology of social justice and peace? Do I pray for more vocations to the priesthood and religious life?
- 12) Are you more aware of the “mystery” of the Church? Our need for it? Is your notion of Church purely institutional? Do you see that you are the Church? Has this caused you to give up excessive nationalism? Do you recognize that God is in control? That we are one “global family”?

- 13) Can you see how God is not limited to the institutional Church or the sacraments? Has your notion of “sacrament” expanded? In what ways? How is the immigrant a sacrament?
- 14) Are you now a better evangelizer more attuned to God’s mysterious love?
- 15) What God permits, we must accept. Has this challenged your need to try to control God? To control others? The Church? Daily life?
- 16) What have you discovered in these days that you did not realize before?
- 17) Do you know your loved ones more? Have your relationships deepened?
- 18) Is your sense of manipulating God less prominent in your spiritual lives? Manipulating others?

- 19) How have you strengthened your ability to “let go” of what you cannot control?
 - 20) Has the virtue and gift of hope magnified your religious life?
 - 21) What have you missed the most? What have you discovered that has been life-changing?
 - 22) Do you see your complete dependence on God and your inter-dependence on others more?
 - 23) Is your connection to the earth and creation more intimate? Do you intend to be a better steward of creation? Can you see the earth rebelling against its destruction by us?
 - 24) Are you now more a part of the missionary life of the Church? (Remember the Amazonian Synod?) Do you care about tribal, island, native, indigenous persons and communities?
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- 25) How are you a “living tabernacle”? Can you see the Church that God is building with “living stones”? Do you see the whole earth and the universe as God’s temple of glory?
 - 26) Are you becoming a man or woman for and with others?
 - 27) What beauty have you noticed that you missed before when you were more busy?
 - 28) Have you given up magic notions of “grace”? How are you “Eucharist for others”?
 - 29) What has shocked you the most in your religious journey these days? Have you grown?
 - 30) How will you be different after this is all over? Will you be ready for the next crisis? What do you hope to remember when that next time occurs?
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- 31) Do I know myself more? My deepest and truest self?
 - 32) Is my faith life more real? Less sugary and false? Has Mary been a help to me in these moments?
 - 33) Am I more generous now or has fear caused me to become more selfish?
 - 34) How has social media been used for good in these times? What have I enjoyed the most? Do I subscribe to *America Media/Magazine* of the Jesuits?
 - 35) Is the world better because I am in it at this moment right now?
 - 36) Do I care only about myself? Do I recognize the importance of the “common good” in my moral thinking? Am I concerned about the safety of others? Do I pray and help those who are sick at this moment in time? Have I remembered those who have died?

I ask you to prayerfully ponder these questions and discuss them with your family and friends. Pope Francis, our great Jesuit Pope, has given us many insights for this moment in time. Although it is a difficult and painful moment, it is also an opportunity to grow in our faith and our common humanity. Let’s use this time, which is so precious, to do what God is asking us to do and to become the person that God has intended us to be!

Together with you in ministry,



Father Len