

Recalling Someone Special

This exercise is designed to encourage participants to notice the presence of love and God within their life. It was inspired by Mr. Rogers, but with an Ignatian twist.

Pause 5 to 10 seconds where it says *[short pause]*, and then continue.

Pause about 30 to 60 seconds where it says *[long pause]*, and then continue. Take the time that feels right to you as you are leading this.

Provide the following or similar instructions before beginning the exercise:

This is a simple exercise in which you will have your eyes closed, and I am going to ask you to recall someone special in your life, someone with whom you felt love, affection or a special closeness. It could be anyone from your past or present. The important thing is to not analyze or decide who this should be, but simply be open to noticing who comes to mind. Then, continuing with your eyes closed, I will ask you to be open to any awareness of God's presence or Jesus' love within all of this. So just keep the eyes closed throughout until I ask you to open them, and then we can talk about how that all felt, for those of you who would like to share. So, let's begin.

- 1. I invite you to sit comfortably, and close your eyes.**
- 2. Settle in. *[short pause]* Notice how you physically feel. *[short pause]* Notice your breathing. *[long pause]***
- 3. Next, take your time to recall someone special in your life. *[short pause]* Someone with whom you felt love, affection or a special closeness. *[long pause]***
- 4. Notice how all this feels inside, and let go into it. *[long pause]***

5. **Staying within all of this, be open to being aware of God's presence in all of this. *[long pause]***
6. **Let go into how all this feels inside. *[long pause]***
7. **Be open to noticing Jesus' love in all of this. *[long pause]***
8. **Let go into how all this now feels. *[long pause]***
9. **Staying with how all this feels inside, take a few moments to give thanks, and then slowly open the eyes. *[long pause]***
10. **How was that? What did you notice? How did it feel? How do you feel now?**

After some sharing, say that this exercise was not Companioned Prayer, but it was very similar.