

Reflection Worksheet I

Name _____

Date _____

Class of _____

Rights and Responsibilities

Option for the Poor and Vulnerable

1. Describe yourself! Before you started your service this year, what kind of a person were you? Generous? Stingy? Self-centered? Caring? Open-minded? Closed? Aware of the needs of others? Just focused on your own little world? Religious? Not religious?

2. Name the agency that you served. Why did you select that particular agency?

3. Think of one or more events (or even routines) that had an effect on you at your service site. Outline or describe them here.

4. Enough going solo. It's time to set up a meeting with two to four other people who served at your agency. If that's not possible, find others who served at similar agencies, or just tap friends. You'll need to meet for three 40-minute blocks to complete the reflection. You're welcome to meet over smoothies, go out for a movie afterward, etc. Don't forget to celebrate.

Other Members of My Reflection Group

Meeting Dates, Times, and Locations

| | | |
|-------|-------|----------|
| _____ | _____ | 1. _____ |
| _____ | _____ | 2. _____ |
| _____ | _____ | 3. _____ |

Life and Dignity of the Human Person

The Dignity of Work and the Rights of Workers

Reflection Worksheet 2

Name _____
 Date _____
 Class of _____

Rights and Responsibilities

Option for the Poor and Vulnerable

1. In your first meeting, spend up to ten minutes getting to know one another if you don't know each other well already.

2. Each of you will now describe the service you did. Omit this only if everyone worked together. Jot a few notes below.

3. Share each of your responses to questions 1, 2, and 3 on Worksheet 1. Take time for discussion after each question is answered. You can put your thoughts below.

4. Take some quiet time now. Write below anything you realized about yourself from your sharing and discussion. Take at least five full minutes to think and write.

5. Have the other members of the group sign below, testifying that you participated in this 40 minute reflection session.

| | | | | | |
|--------------------|-----------------------|---------------|--------------------|-----------------------|---------------|
| _____ Signature | _____ Printed Name | _____ Date | _____ Signature | _____ Printed Name | _____ Date |
| _____ Signature | _____ Printed Name | _____ Date | _____ Signature | _____ Printed Name | _____ Date |
| _____ Signature | _____ Printed Name | _____ Date | | | |

Life and Dignity of the Human Person

The Dignity of Work and the Rights of Workers

Reflection Worksheet 3

Name _____
 Date _____
 Class of _____

Rights and Responsibilities

Option for the Poor and Vulnerable

1. At your second meeting, review briefly the service experiences you discussed last time. Focus on one person at a time. What meaning does that person take from the experience? Let the others then tell that person what THEY think the first person's experience means, or what can be learned from it. Go around so all of your experiences are explored in this way. Jot any notes you like below.

2. What was the need or injustice that your service addressed? Discuss.

3. Review the seven themes of social justice (conveniently located on the border of this page). Which ones are related to the need you were serving? How do they relate? Discuss and jot down notes regarding your own experience.

4. Do you have a religious tradition? If so, what does it have to say about people in need? What does it have to say about people who can help?

5. Have the other members of the group sign below, testifying that you participated in this 40 minute reflection session.

| | | | | | |
|--------------------|-----------------------|---------------|--------------------|-----------------------|---------------|
| _____ Signature | _____ Printed Name | _____ Date | _____ Signature | _____ Printed Name | _____ Date |
| _____ Signature | _____ Printed Name | _____ Date | _____ Signature | _____ Printed Name | _____ Date |
| _____ Signature | _____ Printed Name | _____ Date | | | |

Life and Dignity of the Human Person

The Dignity of Work and the Rights of Workers

Reflection Worksheet 4

Name _____

Date _____

Class of _____

Rights and Responsibilities

Option for the Poor and Vulnerable

1. In your last meeting, discuss whether you are any different for having served. If so, how? If not, why not? After discussing, write your conclusion here.

2. Given your own gifts and talents, what are some ways you can be of use to people in need in the future? Discuss, then explain here.

3. Is there anything you could do to help prevent situations of injustice and need in the future? Be creative and courageous in imagining, and use your friends' help. Write it here.

4. What will you do?

5. Have the other members of the group sign below, testifying that you participated in this 40 minute reflection session.

Signature _____

Printed Name _____

Date _____

Signature _____

Printed Name _____

Date _____

Signature _____

Printed Name _____

Date _____

Signature _____

Printed Name _____

Date _____

Signature _____

Printed Name _____

Date _____

Life and Dignity of the Human Person

The Dignity of Work and the Rights of Workers