

## **BEGINNING OF THE NEW YEAR/SEMESTER REFLECTION**

Ask everyone to take a few minutes to quiet themselves.  
Distribute pens/pencils and paper for people to write on.

Write out the following questions on half sheets of paper, and as you read them out loud, distribute the pages on the ground where everyone in the group can read them.

- What name would you give to the journey of the past year?  
What image or metaphor would you use to talk about it?
- How did you grow from your experiences this past year?
- What was most satisfying about the year? The least satisfying?
- Did any of your hopes and dreams become a reality?
- Of what are you most afraid as you enter the new year?
- How is your relationship with God at the start of this new year?
- What is your greatest need in the coming year?
- What name would you like your new year's journey to have?
- What is at the heart of your prayer for the new year?

Encourage group members to journal, draw, or simply reflect on any number of the questions. They can focus in on one, write about a few of them, anything. Encourage them to stick with what struck them the most.

Invite group members to share a word or phrase that describes their experience journaling or an insight they received.