

DeMello Reflection Guidelines

for Associate Members



Please use these guidelines to complete your DeMello reflections. The DeMello meditations are an important part of our spiritual journey because they help us to better understand the Charism of CTG: to live the monastic values of Prayer, Reflective Study and Service that lead to personal transformation at the hands of Christ which results in a unique response of love to all of God's creation.

Overall Expectations:

- Reflections are to be completed honestly.
- At least one Part 1 reflection submitted to your Formation Guide each month (this sets a minimum consistent pace of meditation without being burdensome).
- No more than one Part 1 reflection submitted each week (these are not to be rushed, either).
- Allow time for your Formation Guide to review and respond as needed.
- All 31 are to be completed during the Associate Member phase (this time period is flexible).
- These guidelines do not mean you can't also be working on other studies or reflections.

Part 1: Initial Reflection

1. Read and reflect on one of the 31 meditations in the book. Give it sufficient time for thought and prayer.
2. Write a short reflection on this meditation about what it means to you. What insights, if any, did you gain from it? Did it raise any questions for you? How does it impact your spiritual journey?
3. Send your reflection to your Formation Guide.
4. Your Formation Guide will review it and comment on it as needed.

Part 2: Digging Deeper

5. A follow-up set of Reflection Questions will be sent to you for each meditation. These are designed to help you "dig deeper" into the meditation, and possibly think about things in a new perspective. They will also help reinforce the lessons of the meditation.
6. Complete the follow-up Reflection Questions promptly and return them to your Formation Guide for further review and comment as needed.

Part 3: Discussion

7. Discuss this reflection with your Formation Guide during one of your monthly meetings.

RECORD OF REFLECTIONS

Use this page to keep track of your Reflections
(enter date)

| | | Part A Sent In | Part B Sent In | Discussed |
|----|----------------------------|----------------|----------------|-----------|
| 1 | Profit and Loss | | | |
| 2 | Discipleship | | | |
| 3 | The Extra Mile | | | |
| 4 | He Went Away Sad | | | |
| 5 | The Eye of the Needle | | | |
| 6 | Nowhere to Go | | | |
| 7 | Bring in the Poor | | | |
| 8 | The Blind See | | | |
| 9 | Heaven at Hand | | | |
| 10 | What Must I Do? | | | |
| 11 | No Stone Will Be Left | | | |
| 12 | How to Give? | | | |
| 13 | Serpents and Doves | | | |
| 14 | Men of Violence | | | |
| 15 | Show No Partiality | | | |
| 16 | One Teacher | | | |
| 17 | Become Like Children | | | |
| 18 | Love One Another | | | |
| 19 | No Looking Back | | | |
| 20 | Love Your Enemies | | | |
| 21 | Tax Collectors and Sinners | | | |
| 22 | Be Awake | | | |
| 23 | The Mountain of Prayer | | | |
| 24 | Judge Not | | | |
| 25 | Pluck Out the Eye | | | |
| 26 | Suffering and Glory | | | |
| 27 | Fire on the Earth | | | |
| 28 | Consider the Lilies | | | |
| 29 | Lost and Found | | | |
| 30 | The Lamp of the Body | | | |
| 31 | Be Ready | | | |