

Reflection Questions Re the Coronavirus Pandemic

In Relation to CBL Hours- General Questions for Discussion/Reflection

- Consider how the coronavirus crisis may be currently impacting your CBL site/partner. Consider strains to community organization staff and leaders.
- How is this crisis impacting delivery of social services, access to education, health care, etc. and how are problems such as homelessness, poverty or domestic abuse being exacerbated at this time.

Reflection Questions From Professor Jessica Nolan (Psychology)

1. What knowledge, skills, and/or abilities were you hoping to gain from volunteering with the Jewish Home *[fill in your CBL site]*?
2. Were there other benefits you hoped to realize from volunteering?
3. How do you feel about the change of plans? Are you generally someone who likes to "go with the flow" or "stick to the plan"?
4. Are there skills that you can develop during this time of change (e.g., flexibility, creativity)? How do you think these skills might serve you in your future career?
5. Anything else you would like to add about service being cancelled and/or the project in general?

Questions for Dialogue/Reflection/Discussion From Essential Partners

<https://whatisessential.org>

- Share a story about a challenge in your life or a challenging time when you felt you overcame an obstacle.
 - What strength, value, or part of you helped you overcome it?
 - Where or from whom did you acquire that strength, value, or part of yourself?
 - From whom, if anyone, did you find support?
 - How did that moment or experience change who you are?
- What in this present moment do you find so difficult? Why is that particularly important to you?
- What are you missing the most? What about that is so valuable to you?
- What are you grateful for you even amidst this challenging time?
- What do you want to try to do that is different or what opportunity might this present for something new?
- Who is someone you have been thinking of a lot lately who might need your support in this time. What is something you might be able to offer them?

Examen for Life During Covid 19 – Ignatian Solidarity Network

<https://ignatiansolidarity.net/blog/2020/03/14/examen-covid-19/>

1. Acknowledge how you are feeling in this moment. If being calm is hard, acknowledge it. If you find yourself frustrated or stressed, acknowledge it. God wants to be present in all parts of our lives—not just the easy or serene moments.
2. Ask for light and insight as you prepare to review your day. For some that light may come in the form of a sense of the Divine. For others it's from a deep sense of your true self.
3. Take a moment to think about how COVID-19 has impacted your life. Even as we are being asked to distance ourselves from one another socially, ask yourself what connections you find yourself grateful for? Who makes you feel grounded and connected to God?
4. Public health issues have a way of making us recognize how interwoven our lives are with others in society. It can help us realize who we may often choose not to see or connect with. Is there a person or group of people especially affected by COVID-19 that you don't often choose to see or connect with normally? What connections to others are you becoming more aware of? Who do you normally choose to reach out and connect to? Who do you avoid or refuse to see? If you can, picture the faces of these people. What connections do you take for granted in your life? What connections impact you the most?
5. Note the emotions you feel when you think of these individuals without judging or overanalyzing. Simply acknowledge them, pay attention, and listen to where God may be speaking.
6. As you think of the ways we are connected or disconnected to one another, pick a connection (or lack thereof) that seems important, significant, or is manifesting itself the strongest. Pause and reflect on where you're being invited to grow from that moment. If you are a person of faith, take a moment to pray with it.
7. God gifted us with limitless creativity and imagination. Even in this time of separation and possible isolation, what is one way you can maintain meaningful connection to others—whether directly, through technology, or intentional focus and attention?