

Personal Identity Reflection



Directions: Please reserve some quiet time to reflect and journal about the following questions. It may be helpful to focus on only one section at a time and to complete this reflection with a partner. As you read, please consider which questions you are willing answer and share with L'Arche GWDC's Diversity Commission. There are several questions; please feel free to answer as many as you wish. Please feel free to also include photos and drawings in your journal.

Belonging and Interdependence

- How have you experienced belonging within your family? How has this changed since you joined L'Arche?
- How do you invite people to join you in sharing common experiences?
- How do you ask for help?
- How did you come to learn about and join L'Arche?
- What interests and personality traits do you share with community members and employees?
- Do you identify with a specific race or ethnicity or multiple groups? Why is belonging to a particular culture important to you?
- What values and beliefs were you raised with about race?
- What experiences have you had with diverse cultures prior to L'Arche?
- Who is one person in L'Arche that has challenged you to look at diversity in a new way?
- How does your age impact your relationships within L'Arche? What do the adjectives "old" and "young" mean to you?

Sharing and Acceptance

- How do you best express yourself? (i.e. through conversation, writing, art) In what ways do you communicate without speaking?
- When is it challenging for you to welcome or understand people?

Mutual Relationships

- How has accompaniment within L'Arche helped you to grow in self-confidence and find your voice?
- How have your physical needs changed since you joined L'Arche?
- How have your relational needs changed since you joined L'Arche?
- How does your experience of mutuality compare with your relationships outside of L'Arche?

Trust in God

- What is your relationship with God like? In what contexts are you most aware of God's presence?
- Do you pray apart from occasions with community? If so, how?
- What do you enjoy about praying within L'Arche?
- What do you find challenging about praying within L'Arche?
- What are some things you uncertain about regarding matters of faith and spirituality?
- Do you go to a specific place for worship and/or spiritual nourishment?
- Do you attend worship with community members of uncommon faith traditions? If so, what have those experiences been like for you?
- What have you learned to let go of while committed to L'Arche?
- When do you feel peaceful, safe, and loved in L'Arche?

Celebrating Uniqueness

- What significant life experiences have you had prior to joining L'Arche?
- How does your family celebrate individuals?
- How do you communicate your unique perspectives about life?
- What forms of creative expression do you appreciate?
- What is something unique about you that you love about yourself?
- Does your name have a meaning? Is there a story behind it?
- What do you enjoy doing in your free-time?
- What are some "in-between spaces" in your sense of self? What are you uncertain about yourself?
- What is one thing that people who care about you should know about you?
- How do you see the world differently than others?

Simplicity

- What does living simply mean to you?
- What do your purchases reveal about your beliefs and values?
- How do you reserve moments for rest, silence, and solitude?
- How does living simply help you to grow in relationships?

Vulnerability and Forgiveness

- What experiences have you had with discrimination? When have you felt discouraged or hurt by someone else's words or actions?
- How have you felt vulnerable in L'Arche?
- How do you offer forgiveness? How do you seek forgiveness?

Thank you for helping us to grow
in awareness of our diversity!

