



Student Name

Theology Teacher

GUIDED REFLECTION

Using a “what, so what, now what” method, please answer the following questions for reflection. Keep in mind that your answers should be well-thought out, thorough and in-depth. This is not something that should be done in as few words possible. If additional space is needed, please complete the answers on a separate sheet and attach it to this sheet before handing it back in to your Theology teacher. This should be handed in within 1 week of performing the service.

1. Please indicate which category your service falls under:

- | | |
|--|--|
| <input type="checkbox"/> Service to the Poor | <input type="checkbox"/> Service to the Church |
| <input type="checkbox"/> Service to the Hungry | <input type="checkbox"/> Service to Individuals with Specialized Needs |
| <input type="checkbox"/> Service to the Elderly | <input type="checkbox"/> Service to God's Creation |
| <input type="checkbox"/> Service to the Veterans | <input type="checkbox"/> Service through Municipalities |

2. *What?*

A. Describe thoroughly the service you participated in. Where did you go? What did you do? Describe the interactions you had with those you served.

B. If this was a new experience for you, how were you feeling about performing the service before you went? What did you find particularly interesting when you were there?

C. How do you feel after this experience? What impact did this service have on you personally?



3. *So What?*

- A. Why is service in this particular area important? What sort of needs are you helping fulfill? If you were to try to convince someone else as to why the work you did is important, what would you tell them?

- B. What did you learn as a result of this experience?

- C. Identify some things about this experience that you find particularly interesting, compelling, problematic, etc. Has this experience raised any additional questions related to the social justice issues at hand for you?

4. *Now What?*

- A. Identify what you think might be some of the societal-level issues at hand related to this type of service.



B. Why does this situation exist and continue to persist in our community?

C. Consider the long-term picture as related to the service you performed. What can be done to help ensure that whatever needs exist can be fulfilled in the long-term. How can we go about solving the problem that exists, either as individuals or as a society?