

Remaining Faithful

*How do I keep my
experience alive?*



*a manual for reflection, integration
and prayer after a short-term
experience in another culture*

Available at: www.missionto mission.org

*They gathered the people of the church together and told them about all that God
had done through them.* Acts 14:27

Returning home is a very special step in the journey of anyone who has spent time in another culture. We know what this time is like because we, too, are returned missionaries. ***From Mission to Mission*** was founded in 1980 by returned missionaries who wanted to reach out and support other people returning from mission experiences.

Regardless of how much time we spent in another culture, we have all experienced the joys and challenges of returning home. We understand that participants of short-term experiences encounter situations and life struggles that would be virtually unknown here at home. We understand the struggle to be faithful to the values and insights gained through a cross-cultural experience. We wrote **"Remaining Faithful"** to be a support during the days, weeks and months after returning from a short-term experience. This guide offers insights, ideas, questions and suggestions for prayer and reflection. We hope **"Remaining Faithful"** will speak to your experience

and ease this time of transition.

Integration doesn't just happen. Tony Saddington, an expert in experiential learning, says, "Experience is not the best teacher. We learn nothing from experience. We learn only from reflection on experience." We invite you to let this guide assist you in your reflection so that this experience can live on... so that you can *remain faithful* to who you have become because of your short-term experience.

What can this guide do for you?

It can help you...

- "Unpack" your suitcase of stories and experiences
- Celebrate and honor your experience
- Discover where God was in the journey
- Glean some understanding of yourself, others and the world
- Explore the feelings and lessons learned from the experience
- Decide what you want to hold on to from the experience
- Explore ways to integrate the experience into all aspects of your life
- Discern future life directions as a result of this experience
- Stay energized by providing suggestions and resources for future action

What is "Remaining Faithful"?

"Remaining Faithful" is a reflection booklet to be used following a short-term experience in another culture.

Who is "Remaining Faithful" for?

"Remaining Faithful" is for those who have been impacted by cross-cultural experiences through...

- | | |
|------------------------|---------------------------------|
| Parish twinning groups | Medical mission teams |
| Immersion groups | Alternative Spring Break groups |
| Short-term missions | Volunteering |

How is it designed to be used?

"Remaining Faithful" is designed as a reference tool to be used...

- Individually or with a group
- As a yearlong process of reflection
- According to the needs of the individual or group

What's included in "Remaining Faithful"?

I. Weeks 1-4

- Practical suggestions on what to do when you return from your experience
- Help in understanding your reactions and feelings about your experience
- Scripture and reflection questions

II. Monthly reflections for up to one year after your experience.

Each month includes:

1. Introduction to the theme for the month; themes include:
 - Where is God in all this? The Gifts of the Journey
 - Wealth and Poverty Who Am I Now?
2. Questions to Consider
3. What Does It Mean?
4. Feast on the Experience
5. Remaining Faithful
6. Prayer

III. Resources for Reflection and Integration

Reflection Techniques -

how to do reflection

The "What?" model -

...how to look at the experience to get to the meaning

Suggested Healing Rituals -

...how to deal with difficult aspects of the experience

Staying Involved -

how to keep the experience alive

Websites of Justice and Mission -

how to connect with others

Services of From Mission to Mission:

Re-entry workshops, weekend and 10-day, for volunteers and missionaries who have served one year or more

Consultation and training for leadership of religious communities and mission sending organizations on issues related to re-entry, transition, violence and trauma

Website for returned cross-cultural missionaries and volunteers: www.missiontominion.org

Reflection booklets for returning missionaries and their supporters:

Returning Home? A Guide for Missioners and Volunteers Preparing to Transition (\$3.00)

Welcome Home? A Guide to Transition for Returned Missioners and Volunteers (\$3.00)

How Do We Welcome Them Home? A Guide for Parishes, Families, Religious Communities and Mission Sending Organizations (\$3.00)

How Do I Get Over It? Surviving Violence and Trauma Experienced in Cross-Cultural Settings. A Guide for Transitioning Missioners and Volunteers (\$3.00)

Re-Entry for Volunteer Missioners: The Neglected Side of the Missioning Process (\$7.00)

Helping Volunteer Missioners Survive Violence or Trauma: A Guide for Mission Sending Organizations (\$7.00)

Order Form for
"Remaining Faithful"

Remaining Faithful ordering information:

Cost:

\$9.95 for 1-9 books

\$8.95 for 10-29 books

\$7.95 for 30 or more

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