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Class of 2010

When asked to talk about my Senior Year Journey Group experience, all I could think about was our last session together which took place just last week. After sharing Bo-Did's and catching up after not being together for a month, we were able to talk about how Journey Group has impacted us and I was able to personally reflect on this meaningful experience. As we were a Senior Year only group, I have to be honest and share with everyone what I shared with my facilitators during our last session. During the fall banquet, I remember thinking, "Gosh, these facilitators must hate having senior groups. A year is hardly enough time to develop any sort of connection. I knew I should have joined my first year here. One more thing to regret postponing until senior year..." After meeting ten times and developing amazing bonds, some new and some old, with my facilitators and members, I am now able to completely take back my original thoughts and replace them with new ones. I can now honestly admit that joining a Journey Group during my senior year was one of the best decisions I could have made.

Before my first session, my roommate, who has been a part of a Journey Group for 3 years, told me, "I hope your Journey Group is fruitful and something resonates with you!" We laughed at the two words that many of us in this room have used over and over again, while at the same time realizing how accurate those two words really are when describing the Journey Group process. Hands down, I believe in the process. It is not a part of our culture, as much as it should be, to genuinely listen to somebody, even our loved ones, and not connect it with our own life. I think many of you in this room can agree that after a year with a journey group, very few things bother us more than "one-uppers." I don't think I need to say any more about that.



One of the joys of my journey group was knowing that I was going to spend two hours truly sharing, listening, and responding with people I cared about. I told my journey group the other day that of all the things I am committed to, I look forward to coming to Journey Group. It does not matter if I have 6 hours of homework left or a little bit of a headache, I always look forward to sharing the process with wonderful people. When we gathered together, we were grateful, mindful, deliberate, and compassionate. I learned something either about myself or one of the other members every time we met. I became more aware throughout the process and consistently think about it on a daily basis. Our group felt especially fortunate to be able to reflect on finding God in the ordinary, everyday moments in life – a main theme in Sister Mary's newly published book. I think it is safe to say that joining a Journey group has given me a new perspective, opened up possibilities for reflection and expanded my heart. I feel so blessed to feel safe, welcome, and cared about with my journey group. I will continue to pray about my journey group members as I leave this amazing place and I hope all of you who are continuing with the process find fruitful experiences and moments that resonate with you. Thank you.