



Prairie Faith Parish Nurse News~~July 2025

Mind

Body

Spirit

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

A quote by Brendan McManus SJ: “God seems to work with us slowly and patiently through different experiences, and we need reflection or ‘looking back’ to see it clearly. The end of a day is a really good time to look back and evaluate the experiences of the day just lived. Undoubtedly there will be ups and downs, laughter and tears, light and darkness. It can be easy to write it off as being ‘past’ or over, just focusing on moving on and forgetting. But there are surprising discoveries to be made in following this simple process.”



Various forms of the prayer exist, but in her book, ***Small Simple Ways***, Virginia Hampton Wright provides a description that makes the Examen quite accessible to anyone who decides to try it:

Ask for light. Ask the Holy Spirit to guide your thoughts. You want to see your life as God sees it, not as you are inclined to see it—either hypercritically or not honestly enough.

Give thanks. Look for anything in your day so far that indicates God’s presence in your life. And give thanks for it. It might be as simple as a good night’s sleep or as complex as a difficult conversation with your teenager that went better than expected.

Review the day. Look back through the day and think about what happened, how it felt to you, how you responded. Notice which events or moments stand out for you—these probably deserve a little more attention.

Face your shortcomings. Identify what you might have done differently. You made an honest mistake; you took an approach that did not work very well; you misunderstood someone else. Or, notice where you simply did wrong. You went into that meeting expecting the worst of another person; you harbored ill will against someone; you helped spread a rumor. Face these moments and actions and bring them to God. Ask for help to do better next time. Ask for wisdom to understand how you can improve. Ask for forgiveness for sinning against another.

Look toward the day to come. As you anticipate tomorrow—meetings, conversations, tasks, responsibilities—bring to God in prayer whatever concerns you. Ask for the help you need to face tomorrow with faith, hope, and love.

You may want to close your prayer time by praying the Lord’s Prayer.

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Another alternative for praying the Examen: for several years now, I have personally benefitted from using a free phone app, **Reimagining the Examen**, which can be found on Google Play or iTunes offering 34 adaptable versions of the Examen. With soothing music or background sounds from nature and step-by-step guidance, users can choose from one of the themed Examen—picking the reflection that best fits their current state of being—or select the Examen of the day. Examples of topics available on the app include: *A Traditional Examen; Ask for Grace; A Relationship; Shift in My Spirit; Identifying Inner Wounds; My Daily Habits; Who Wore God’s Face Today; My Thoughts, Words, Deeds; I’m Drained; My Emotions; Gratitude*; and others. It seems like often my mind can wander during prayer, and using this app helps me keep focused. It can be used anywhere and at any time if you turn the sound on your phone off or use headphones.

Sources of information include: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>
and *Small Simple Ways* by Virginia Hampton Wright



***This summer, consider these opportunities
support whole person health and wellness
~body, mind and spirit~***



- ♥ **Prairie Faith Yoga** on Mondays at 4:00 p.m. at the WaKeeney Public Library community room. For more information contact Donna or Margaret—beginners are welcome!
- ♥ **Pen Pal-Prayer Partner.** Contact Nancy if you know of someone who might enjoy receiving cards and letters throughout the year—or if you would be interested in writing to someone.
- ♥ **Prairie Faith Prayer Shawl Ministry.** Do you knit, crochet or sew? You might be interested in making a prayer shawl for someone in the community who is going through a difficult time. Patterns are available—or enjoy using your creativity!
- ♥ **Medical appointment transportation.** The Trego Community out-of-town public transportation van is up and down the road six days a week, but sometimes the schedule is full, and volunteer drivers are occasionally needed for transportation to medical appointments. Mileage is reimbursed by the parish nurse ministry.



Father, I ask you to take from me now all that does harass and annoy, all that has laid upon my heart burdens of anxiety and care. I thank you for the stillness of this time of prayer—this oasis in my busy day when I can relax before you, lay my burdens down, and hand over to you all my anxieties.

At this moment, I open my heart to receive your blessing, knowing that in your presence
the furrows are being smoothed from my brow
the lines from my face
the load from my heart
the doubts from my mind
the fears from my soul
that I am at peace.



And now, I thank you, not only for quietness without, but for your quietness of the heart of the universe and for quietness within. In your peace, I pray. Amen.

(Author: Peter Marshall 1902-1949)



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl or comfort meal gift card for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, discuss health ministry volunteer opportunities, or discuss your ideas for the health ministry! 😊

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