Leading a Reflection

Purpose of a Reflection:

- To call to mind both our tradition and ongoing spirit. In these acts of remembrance we bring to consciousness our Mission and the core values which are central to our identity;
- To focus the group to this time and place and the task at hand in the broader context of our Trinity Health heritage;
- To acknowledge that spirituality is an essential element of our philosophy of health care and of the human person.

Keep in Mind:

- Reflections are intended to express our organizational spirituality and the basic spiritual values of our organization and its faith-based traditions;
- Trinity Health has a very diverse patient and associate population; we find common ground not in religious belief and dogma but in shared values of the organization;
- Reflections should be appropriate to department or meeting purpose, Trinity Health’s mission and core values, the season of the year, etc.

Resources:

- All major faith traditions have sacred writings – the Bible (Hebrew and Christian Scriptures), the Koran, Bhagavada-Gita. These offer a breadth and depth of reflection on the human spirit. Passages should be chosen, however, that are appropriate to the above themes.
- Other poems, stories, prayers, and meditations that focus on the Mission we share at Trinity Health. See the collection on Nexus at: http://nexus.trinity-health.org/departments/mission/reflections/index.shtml
  (These Reflections do not necessarily have to be read word for word. Do not be afraid to edit according to your needs. Some selections may be too long to be used in a single reading. Select the paragraphs or sections which you think most appropriate; or use one half for the beginning of the meeting and the other half for the end.)
- Silence and music (not just the spoken word) can be important elements that allow the group to “center.” The Mission Department may have a collection of meditative CDs or tapes; or your own department may want to start a small collection for its use.