



Vocare

Basic Practice

1. *Vocare* is an ongoing spiritual practice designed to help you discern and live more fully into your various vocations so that you can more intentionally live life on purpose for the common good.
2. *Vocare* invites reflection upon: Values, Openness, Call, Attentiveness, Regret, Experiences of the Sacred.
3. The ways to experience the *Vocare* practice are as diverse as the people who use it. Today's experience will primarily be focused in quiet contemplation.

For this experience, we will move through each of the words of *Vocare* with some questions for guided reflection. You are invited to either sit comfortably in quiet contemplation, stand, or walk around our gathering space.

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4. **Reflect upon your values**

- What do I value?
- How have I lived my values today?
- How have my values been in conflict today?
- What do I need for tomorrow?

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5. **Reflect upon your openness**

- How do I typically respond to invitations or expectations to be open?
- To what was I asked to be open today?
- To what did I say "yes?"
- To what did I say "no?"
- What do I need for tomorrow?

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6. **Reflect upon the various voices that call to you**

- How do I typically decide which voices I listen to?
- What voices called to me today?
- Which ones did I listen to?
- Which ones did I not listen to?
- What do I need for tomorrow?

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7. Reflect upon your attentiveness

- How do I typically decide where I invest my attention?
- What captured and held my attention today?
- Where do I wish I could have invested my attention today?
- Did my attention align with my values?
- What do I need for tomorrow?

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8. Reflect upon your regrets

- How easy it is for me to name and learn from my regrets?
- What are my regrets from today?
- What insight do I gain from them?
- What do I need for tomorrow?

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9. Reflect upon your experiences of the Sacred

- When, where, and how have I encountered or experienced the Sacred today?
- What surprised me about where I encountered or experienced the Sacred today?
- What do I need for tomorrow?

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10. Just one thing

- What is just one thing that you will carry with you from this *Vocare* experience?
- Share with the group if time permits, and if you are comfortable doing so

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