

UNIT PLAN¹

Title/Theme:

Sacred Story: An Ignatian Examen for the Third Millennium

Length of Unit/Timeframe:

There are three lessons to set purpose at beginning of year followed by daily 6-7 minute meditations.

Description:

Ignatius' spirituality and discernment techniques rely on affective information to help individuals understand the difference between right and wrong. We can train people to listen deeply to their hearts—their consciences—to distinguish the ideas and inspirations coming from the Lord of Life and those Ignatius describes as coming from the enemy of human nature.

This is a yearlong meditative experience to help children build sensitivity and awareness of God's presence in their lives, to allow God to shape one's *Sacred Story* according to his will and graces. Ignatius' life-long examination indicates that conversion is not a single event but a life-long process.

Ignatian spirituality helps one attune to the voice of God, the voice of the self and the voice of the "enemy of human nature." In attuning to these three distinct personal forces or voices, one can learn how to follow Divine inspiration in all life choices and relationships.

Overview:

The "relational paradigm in sixth grade is "My Relationship to God's Holy People – Reverence for Life". This relational paradigm is a model for mapping and connecting relationships between self and God as well as self and others.

¹ Original template by Susan Abelein, Ph.D. Catapult Learning, LLC; this template created in consultation: Susan Abelein, Ph.D., Carole Eipers, Laura Egan, Mary Jane Krebs, Ph.D., Lorraine A. Ozar, Ph.D., Leanne Welch, PBVM for the Common Core Catholic Identity Initiative (CCCI). June 2012

LESSON OVERVIEW

YOUR SIXTH GRADE VIMEO WEB-LINK
(For the Twenty Recorded Meditations)

<https://vimeo.com/album/3375775>

VIMEO ACCESS CODE FOR SIXTH GRADE1

(Case Sensitive)

nehuxE2EvU

Sacred Story Youth

Consists of Three Introductory Lessons

Followed by the Daily Meditation Practice

- ❖ **Lesson One:** Introduces the meditation step(s) focus for the grade level.
- ❖ **Lesson Two:** Introduces the “Right Relationship” based on the grades Commandment(s) focus for the year with a PowerPoint connecting St. Ignatius’ life experiences to this commandment.
- ❖ **Lesson Three:** Combines the meditation step and “Right Relationship” to provide the set and practice for doing the meditation. The Learning Log is introduced in this lesson as well.
- ❖ **Begin Daily Meditation:** Once the three introductory lessons have been taught the daily meditations can begin. Access to the audio meditations is in Lesson Three.

THE BIG PICTURE

Essential Question:

How do I listen to the voice of God, the voice of the self and the voice of the “enemy of human nature” so that I may follow Divine inspiration in all life choices and relationships?

Storylines to this Relational Paradigm:

There are two storylines to this relational paradigm:

I can choose to protect all human life from conception till natural death by what I say, think and do

OR

I can choose to allow harm to befall human life from conception till natural death by what I say, think and do.

Protect/honor human life also applies to Respect Life for the most vulnerable: how do I treat the very young (siblings, maybe burdensome to me?) the very old (annoying grandparents?) the mentally/physically ill (mocking the autistic/remedial student?)

HELPFUL HINTS

- ❖ **Teach the three lessons prior to beginning the daily meditations.**
- ❖ ***Please read each lesson*** prior to teaching as there are materials and internet access required in some of the lessons.
- ❖ A few lessons suggest getting supplies on your own (i.e. first and third grade).

- ❖ ***All lessons require access to internet, speakers and a computer that can play from Vimeo for students to participate. Please test your internet connections prior to teaching.***

- ❖ **The Audio Guided Prayer Meditations are the core of the Sacred Story Youth Program** and they range in length from just under three minutes to about eight minutes, depending on the grade/sophistication level of the students. It is our expectation that all grades may find the length long at first, but continued “practice” will help students find the interior quiet they both long for and need to be more peaceful people.

- ❖ **Most lessons have “templates”** or worksheet pages for teachers to copy for their students.

- ❖ **Lesson 3 post-reflection exercise is key to the audio meditations. “Learning Logs” are the core to the meditation reflections.** Teachers should copy the “Learning Logs” back to back. One copy is needed per week in grades one through eight.