

# St. Joseph Worker Program West



Top: Sr. Julie and Elaine

Middle: Aimee, Nikki, Suzanne, Maria, Haley, Sam, Krista, and Grace

Front row: Sr. Judy, Nina, Maddie, and Sr. Joann

## Midyear Retreat Reflections

Our nine SJW's made retreat at  
Villa Maria del Mar Retreat  
Center in Santa Cruz, CA

I came away from retreat  
with a realization of all  
the ways I have grown  
since beginning this year.

~ Haley

I learned how important  
it is to take time to  
reflect and reconnect  
with myself and my  
spirituality. Retreat  
was exactly what I  
needed to feel  
rejuvenated, and I'm  
excited to continue on  
this journey of service  
with my community.

~ Suzanne



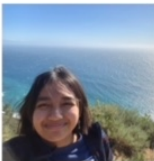
Suzanne and Maria (left) and Haley (right) enjoyed  
spending time in nature to reconnect to their spirituality  
and their community.

**I learned that it's important to take the time and space to reflect, rest, and allow myself to be open to any new insights that the universe may reveal.**

**- Nina**

**I learned that when life gets busy, a mix of alone time with God in nature and playful fun with close friends can provide the perfect inspiration to live life to the fullest. That way, I never take a moment for granted.**

**- Krista**



Krista (left), Nina (top right), and Sam (bottom right) enjoy the beautiful views they came across while traveling Highway 1.

**The midgear retreat led to a greater appreciation of the beauty and strength of Mother Nature. I am thankful for the opportunity and space to reflect back on my experiences these past seven months and the joys of living in community with these amazing women. - Sam**

**It was a great opportunity to step out of the busy bustle of LA and take some time to reflect and revitalize. That time getting in touch with myself was just what I needed to get back to work better than ever.**

**- Grace**



Grace enjoys the sunshine during free time.

With how busy we have all been, it's been difficult to see how much we've grown since our first retreat. To be able to pause and enjoy the incredible bond we've built together over these past few months was amazing!

- Nikki

I loved being near the ocean and having the quiet space in nature to reflect on how much we've all grown throughout our time in LA.

- Elaina

The retreat in Santa Cruz reminded me of how beautiful nature is and how strong our community has grown to be as a whole! We all truly value each other and the communities we serve spreading a bright light of joy wherever we go.

- Maria



During their free time, Elaina (left) and Nikki (right) visited the boardwalk and won kites to fly at the beach

You're  
Invited

TO OUR IN PERSON,  
ANNUAL EVENT!

California Dreamin'

SERVING THE CITY

Sunday, June 5th

1:00-4:00 pm

Doheny Mansion

Mount St. Mary's

University

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During our first 2022 St. Joseph Worker facilitated Sharing of the Heart, we reflected on the essay "Choose Service Anyway" by Laura Camarat. In response, each of us wrote lines following the format of the essay. We were so inspired by one another's insightful responses that we put all of our thoughts together to form our own essay to be shared with future St. Joseph Workers.

## CHOOSE SJW ANYWAY

Others may share their trauma and baggage with you, all the while you're still learning how to carry your own, **listen and make room for theirs anyway.**

Each day will bring its own challenges, embrace everyday with open arms anyway. There may be days that it's easier to think "me," **think "we" anyway.**

There are days when you might forget why you're here doing this work, **choose to show up anyway** and maybe you'll remember why tomorrow.

There are conversations you may be avoiding because they're hard, **try your best anyway.**

When you want to hide away because you think you deserve to be alone, **reach out for community anyway.**

It may seem silly to be proud of the little accomplishments we make each day, be and feel proud anyway. It may sometimes feel like everything you do is wrong, **try your best anyway.**

There may be conversations along the way that you feel too busy to have, **have them anyway.**

There may be relationships that seem like they will never grow, **keep trying anyway.**

Living in the here and now may preclude you from considering and analyzing the future, **live in the here and now anyway.**

You may feel like you can't take a moment for yourself because others are relying on you, **take a moment for yourself anyway.**

When you feel like you don't have the time or energy to take care of yourself, **do self-care anyway**; you cannot pour from an empty cup.

You may become more confused about your life path because of this experience, **embrace the here and now**, and trust in the journey.

When the bright, hot spotlight of vulnerability makes you feel trapped and weak, **be vulnerable anyway.**

The future may scare and confuse you, and cause fear and doubt to creep in, **trust in yourself anyway.**

The St. Joseph Worker Program may radically change your life,

**CHOOSE SJW ANYWAY.**