

MOANA RETREAT

GUIDED JOURNAL

NAME: _____
DATE: _____



CURRENT LIFE REFLECTIONS

What gives you life? What excites you, interests you, and / or sustains you?

What drains you? What do you dread?

What special gifts do you have? What contributions do you make to your friend group, your family, clubs you're in or sports you play?

What do you look forward to in your future?

How might you best serve the world around you? Consider your special gifts and talents. In what ways can you better humanity using those gifts?



DISCERNMENT

Discernment—the ability to judge well; (in Christian contexts) perception in the absence of judgment with a view to obtaining spiritual guidance and understanding (Oxford English Dictionary)

What is your understanding of discernment? How would you define it in your own words?

WHERE YOU ARE VS. WHO YOU ARE

In what ways are you shaped by the world around you? How does the world around you shape you in positive ways? Negative ways?

“It's called Wayfinding, Princess. It's not just sails and knots. It's seeing where you're going in your mind. Knowing where you are by knowing where you've been.”

- Maui



Reflect on where you've been. What events in your life have shaped who you are? Plot them on the timeline below.



Generally speaking, what have you learned from your past experiences? How might these lessons inform decisions you make in your future?

One way to reflect on our daily life is through the Examen, a practice developed by St. Ignatius. For practice, pray the Examen using a recent day in your life.

How to Pray the Examen

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.

4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?

5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

“Don't walk away
Moana, stay on the ground now.
Our people will need a chief,
and there you are.
There comes a day
When you're gonna look around
And realize happiness is where you are.”



- Chief Tui



“You are your father's daughter,
stubbornness and pride.
Mind what he says but remember
You may hear a voice inside.
And if the voice starts to whisper
To follow the farthest star,
Moana, that voice inside is who you are.”

- Gramma Tala

How does the idea of *who* you are differ from *where* you are?



COMMUNITY



“We know where we are
We know who we are, who we are”

- Moana's ancestors

Moana doesn't make her journey alone. Maui, as well as the spirits of her ancestors and Gramma Tala, help to guide her. Reflect on the people in your own life who have guided you. In what ways have they shaped who you are?

In confirmation, you are supported by your entire church community. During the confirmation service, the Bishop will ask the congregation, “Will you who witness these vows do all in your power to support these persons in their life in Christ?”, and the congregation responds, “We will.” Then the entire congregation, including the confirmands, renews their own baptismal covenant.

Take a moment to read the Baptismal Covenant, *The Book of Common Prayer* pg. 416.



CALLED BY NAME

“The people you love will change you.
The things you have learned will guide you.
And nothing on earth can silence
The quiet voice still inside you.
And when that voice starts to whisper,
‘Moana, you’ve come so far.’
Moana, listen, do you know who you are?”

- Gramma Tala

“I am everything I’ve learned and more
Still it calls me.
And the call isn’t out there at all;
It’s inside me!
It’s like the tide
Always falling and rising.
I will carry you here in my heart
You remind me
That come what may,
I know the way.
I am Moana!”

In the movie, Moana is called to the ocean from the time she is very young. The ocean gives her the Heart of Te Fiti when she’s only a toddler! Think back to your favorite things to do when you were little: favorite places to visit, favorite things to play, favorite people.

How might these favorites help you to discern a call in your own life?

“I have crossed the horizon to find you.
I know your name.
They have stolen the heart from inside you
But this does not define you.
This is not who you are.
You know who you are.”



- Moana to Te Kā / Te Fiti

Having her heart stolen changes Te Fiti from peaceful, green, and nurturing to Te Kā, violent and destructive. But Moana knows Te Fiti's true name and believes Te Fiti does, too. Reflect on a time in your life when you haven't felt like or acted like yourself. What happened? How were you called back to who you are?

“But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name, you are mine.”

Isaiah 43:1

In what ways do you believe God is calling you by name? How do you experience that call?
