

Jessica Guentzel

Class of 2005, Journey Group Facilitator



“Hi, my name is Jessica Guentzel and I am the Assistant Director of Campus Ministry here at the College of St. Benedict. I graduated in 2005 and afterwards I spent two years volunteering in Memphis, TN and Washington DC.

This is my first year as a facilitator, however it is not my first time being part of a Journey group. I participated for 3 years as a student, so I was there when it all first began. It was a wonderful experience then, and it has been equally wonderful now as I return and participate again.

It has been really special to be paired up with first-year students. Having just moved myself, I’ve found that we are really dealing with a lot of similar experiences, and I could relate to them in many ways. We were leaving old friends behind, trying to make new ones. We were getting used to moving, and settling in to a new environment. We’ve gotten to ask deep questions as we explore the wonders of life’s revelations, and the depths of its challenges:

Friendships, love, settling in, change, forgiveness, faith...

Do any of these sound familiar?

One of the best things about these groups is the realization that life has a cyclical nature. You never truly have things “figured out.”

You’ll never know things with complete clarity.

But, in this group, we do know that we will be held with care, respect, trust, and the knowledge that through our successes and challenges there will be a group of women each month who are truly listening to our story with the ear of their heart.