

First-Year Guides

Session 1: Connecting and Reconnecting

Date our group met: _____ Meeting Location: _____
Mileage: _____

Session 2: Who Am I? Retracing My Life Journey

Date our group met: _____ Meeting Location: _____
Mileage: _____

Session 3: Who Am I to Myself and to Others?

Date our group met: _____ Meeting Location: _____
Mileage: _____

Session 4: Balance: Holy Leisure and Activity

Date our group met: _____ Meeting Location: _____
Mileage: _____

Session 5: Exploring My Path

Date our group met: _____ Meeting Location: _____
Mileage: _____

Session 6: Friendships and Faith

Date our group met: _____ Meeting Location: _____
Mileage: _____

Session 7: How Have I Changed?

Date our group met: _____ Meeting Location: _____
Mileage: _____

My Name: _____ My Group #: _____

Please submit to Companions on a Journey office by May 15th. Please keep a copy for your records. Thank you !