

**It is never too late to ask the difficult questions!**

Who do I really want to become? How do I work toward something when I don't even know what it is? Am I lovable? Who will be there for me? Why is suffering so pervasive? What are the values and limitations of my culture? Who am I as a sexual being? Do my actions make any real difference in the bigger scheme of things? Do I want friendship, partnership, marriage? If so, why? With whom? What is my society, or life, or god, asking of me? Anything? What is the meaning of money? Is there a master plan? Am I wasting time I will regret later? What constitutes meaningful work? How have I been wounded? Will I ever really heal? What do I want the future to look like for me, for others, for my planet? What is my religion? Do I need one? What are my real talents, preferences, skills and longings? When do I feel most alive? Where can I be creative? What am I vulnerable to? What are my fears? How am I complicit in patterns of injustice? Will I always be stereotyped? What do I really want to learn? Do I want to bring children into this world? How do I discern what is trustworthy? Where do I want to put my stake in the ground and invest my life?

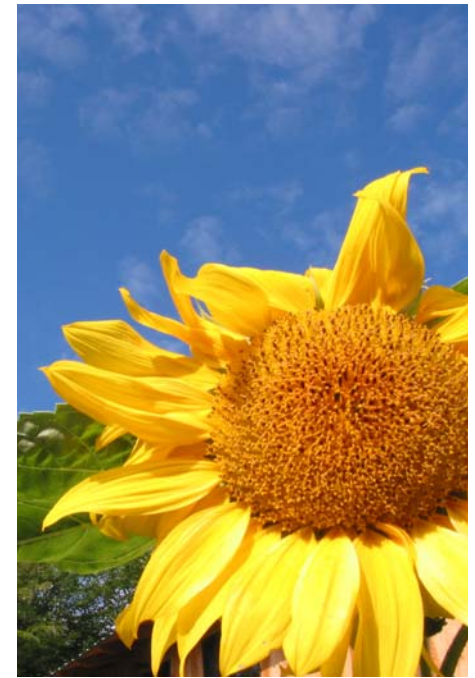
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Have patience with everything that remains unsolved in your heart.

# Build Your Own Beliefs



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A mini-class to help bring clarity to what you believe.

## Build Your Own Beliefs

*What experiences have led me to where I am today? What do I value in life? What is my reality? How do my interactions with others and with my surroundings change my point of view?*



How does nature affect what you believe?

Have you been able to take time to think about these questions as you make your way

down life's path? If not, would you like to take the time?

The purpose of *Build Your Own Beliefs* is to provide an opportunity each semester for a small group of SLU students to



How does society affect what you believe?

contemplate and explore their personal backgrounds and understandings of life.

The layout of the program will guide group members through a reflective process to create a deeper sense of self, and look at how that self



How does who you are affect what you believe?

chooses to relate to loved ones, to humanity, to the natural world, and to the creative force of the universe.

The group meets once a week for 90 minutes. Along with individual reflections, conversation with peers asking similar questions will foster a greater respect for one's own belief structure, and for the unique belief systems of others.

At the program's conclusion each member will have synthesized his or her thoughts into a *personal belief statement*.



### First Week:

Expectations, Ice Breakers and a Smidge of Theory

### Second Week:

Looking Back on the Self

### Third Week:

Exploring Human Nature

### Fourth Week:

The Effect of Society and Culture

### Fifth Week:

Insights from the Natural World

### Sixth Week:

Your Image of the Creator Force

### Seventh Week:

Asking Unanswered Questions

### Eighth Week:

The Personal Statement of Belief



## How to Join

E-mails announcing the formation of the next group are sent just prior to the beginning of each semester. Watch your e-mail!

Or, e-mail the University Chaplain at [kbuckley@stlawu.edu](mailto:kbuckley@stlawu.edu)