



Campus Ministry S.a.L.T. Team

Servant Leadership Formation Rooted in Ignatian Spirituality

Overview

The Salt and Light Team (S.a.L.T.) in Campus Ministry is a year-long servant leadership formation program that meets weekly and is rooted in Ignatian Spirituality. The students involved in this experience are partnered with a peer leader. Together, they coordinate one of the following programs for undergraduates:

- Christian Life Communities (CLCs)
- Candlelight Choir
- ENGAGE (meal-based program around faith and life)
- EvenSong Choir
- Hands of Hope (hospice ministry)
- VIA (faith-based hiking outings)



S.a.L.T. Program Goals

1. To experience a deeper sense of **self awareness**.
2. To **use Contemplative/Ignatian spiritual practices/resources** on a regular basis.
3. To know how to **facilitate faith-sharing** with the group.
4. To learn how to model **servant leadership** in their interactions with their group members.
5. To recognize and celebrate the **differences and diversity** within community.

Annual Curriculum – Cycle 1

Ignatian Camino

SaLT students go on “pilgrimage” with St. Ignatius during weekly meetings (without ever leaving Omaha!). Each meeting focuses on a significant location in Ignatius’ life and teases out a theme that is tied to servant leadership. Examples include:

- Pamplona - learning to listen to those around you
- Loyola - disordered attachments (“interruptions as invitations”)
- Montserrat - an outward commitment to an inward vision
- Manresa - the importance of self-care
- Cardoner - leading with compassion
- Jerusalem - rejection as redirection (resilience)
- Paris - humility as choice and fostering friendship

“Being in community to engage faith doesn’t mean always sharing out loud. Sometimes it means sitting together in solidarity and peace and comfort knowing we are all mutually loved and accepted.” (SaLT 18-19 respondent)



The Abbey of Montserrat where St. Ignatius laid down the symbols of his worldly attachments and took on an interior posture toward God.

Annual Curriculum – Cycle 2

Spiritual Exercises of St. Ignatius

SaLT students engage the “weeks” of the Spiritual Exercises during weekly meetings throughout the academic year. Each meeting connects a theme from the Spiritual Exercises and applies it to the lives of the students leaders. Examples include:

- Week 1: God’s gratuitousness and our vulnerability.
- Week 2: Called to accompaniment and mission.
- Week 3: Personal and relational suffering.
- Week 4: How love inspires us to act.

“I have made a conscious effort to check in with myself and notice God in all situations of my life. I have begun to challenge myself to question the moments of desolation and find solutions and to truly be thankful for the moments of consolation.” (SaLT 18-19 respondent)

Ignatian Spiritual Practices

During SaLT meetings, students are led through various contemplative practices rooted in Ignatian Spirituality. They are then given “heartwork” wherein they are invited to continue practicing the practices between meetings. Examples include:

- Guided Meditation (praying with the imagination)
- Composition of Scene with Scripture
- Lectio Divina
- Examen
- Gratitude as practice

