The following was written by Frank E. Case S.J., Vice President for Mission, Gonzaga University.

*Cura Personalis*

Often, we’ll hear the idea of *cura personalis* through our work at Gonzaga. The term is Latin for “care of the whole person.” It sounds simple enough, and it is, but what does it mean to put it into practice?

There are two aspects of *cura personalis*, care for self and care for others. The latter is most of what we do in our daily lives, caring for others. We, as faculty and staff, care for our students and colleagues in every element of our work whether that be ensuring we and they have a welcoming environment on campus, bringing the light of knowledge to their minds, or ensuring their and our physical and emotional needs are met so we are able to succeed. Countless times we witness the “community” that makes Gonzaga special. Often, though, it is easy to focus on only this aspect of *cura personalis* and neglect the other. In order to fully serve each other, we need to take time for the second aspect, care for self. The publication “Do You Walk Ignatian” from Xavier University asks:

- Do you attend to your physical, emotional and social well-being, recognizing that they are interconnected?
- Do you balance home and work responsibilities?
- Do you take time to reflect, ponder, meditate or pray?

These important questions help us to focus in on what it is to care for ourselves.

The two aspects of *cura personalis*, care for self and care for others, work in communion to continue the work we have each been called to at Gonzaga where we are continuing a 463 year old tradition of Jesuit education. In caring for the whole person, we are leading by example, we are creating others who care and who will, in turn, bring the significance of the Ignatian tradition
to those they touch in this world. We are caring for the whole of God’s creation through our work.

Please end this reflection with a prayer from Joseph Tetlow, S.J., a Jesuit who served until recently as the director of Montserrat Jesuit Retreat House in Lake Dallas, Texas.

“You Have Called Me By Name”
Oh, Lord my God,
You called me from the sleep of nothingness
Merely because of Your tremendous love.
You want to make good and beautiful beings.
You have called me by name in my mother’s womb.
You have given me breath and light and movement
And walked with me every moment of my existence.
I am amazed, Lord God of the universe,
That You attend to me and, more, cherish me.
Create in me the faithfulness that moves You,
And I will trust You and yearn for You all my days.
Amen.