

Touchpoint is a confidential space for ADS students to foster growth with their peers in awareness of God for the sake of ourselves and others, under the direction of an ADS Staff member. It is integral to Spiritual Formation, providing the necessary space for us to develop our attunement and connection to God's continually active presence in our lives. This space cultivates an expanding awareness of both God and ourselves, propelling us toward an intentional life filled with Christ-centered purpose. This growth empowers us to love others fully and engage in the mission of Christ's global church.

Specifically, Touchpoint is a Spirit-led process where a student has the opportunity to bring reflections, concerns, questions, or challenges they may be experiencing in class or everyday life to the rest of the group for processing and discernment. Students are encouraged to complete "Reflection Questions" before coming to Touchpoint to aid them in preparation for what they will share. The Touchpoint process follows a simple yet effective format:

Group Format:

1. Dinner Time: 20 minutes to eat, authentically share and empathically listen with one another. This is an opportunity for all members (not presenting students) to briefly share their own responses from the "Reflection Questions" form.
2. Silence to Prepare Our Hearts: This time will consist of two minutes of silent reflection and prayer to prepare the participants for the session. This includes time for the presenting students to ponder what and how they will share. (2 minutes)
3. Presentation: The presenting student will be given up to five minutes to share any reflections, concerns, questions, or challenges they may be experiencing in class or everyday life. They are expected to use their responses on the "Reflection Questions" form to unpack their experience to the group. (5 minutes)
4. Clarifying Questions: After a student has shared, participants in the group can utilize this time to ask clarifying or empathic listening questions of the sharer. This process helps the presenting student articulate their thoughts and feelings related to their shared experience. The group participants do not give feedback, share their own stories, or give advice during this time. (2 minutes)

5. Silent Reflection: The entire group will return to a posture of reflective silence for two minutes and ponder what was shared. Attention is paid to the promptings of the Spirit and the presence of God in the presentation. (2 minutes)
6. Presenting Student's Response: After returning from the silence, the sharer is given an opportunity to add any impressions or additional information that was not shared during the original presentation. (2 minutes)
7. Group Response: The group participants or "listeners" will spend up to 10 minutes reflecting back what they tentatively felt the Holy Spirit impress upon them during the silence or while the person was speaking. This might be an image, a scripture, a word of encouragement, an affirmation of God's work through the student, themes noticed, or whatever comes to mind that would give clarity to what the presenting student may have experienced. This is a time to reflect back to the sharer something empathetic and encouraging. (10 minutes)
8. Close in Prayer: One participant of the group will pray a blessing over the one who shared. (2 minutes)
9. Repeat: Items 3. through 8. will be repeated with another presenting student during the group time. A total of two students per week will share in a Touchpoint.
10. Final Comments: The ADS Staff member's role is to keep the group moving forward in this process and gently keep the focus on the sharer. They will also participate in the discernment process and provide additional insights or suggestions, at the end of each time of sharing, for the presenting student to consider.