

Kenu Howard

Reflection Journal 1

Field Experience and Pre-Practice Seminar

February 5th, 2023

My first week at Lighthouse Missions went well. So far, I've been able to go twice. Prior to my first time going to Lighthouse, I called ahead and let them know that I am an Alliance Student in the BSW program and will need hours for this project. They were very warm and receptive, and we set up the time for me to arrive. Once there, I spoke with Emily (who was anticipating my arrival due to our phone conversation.) Emily explained to me some of the mechanics of Lighthouse Mission and set me up with a man from warehouse. They let me know that the warehouse is where I would be.

This first week, I focused primarily on organizing the food donations that were going out to the community. I was also responsible for sweeping up the warehouse at the end of my visit. The gentleman, Gary supervised me in the warehouse. He explained to me how to organize and also offered me some insight into how the atmosphere is at Lighthouse Mission. He made it a point to check up on my progress about three times during my visit. While interning, the insight that I gained about myself is the realization that I am very eager to learn. I was excited to find out how to do my job. While I was working, the critical learning moment that I had was that the task I was doing would indirectly bless many people. So I did my best to do my job prayerfully and in love. I took my time when organizing to make sure that everything was placed neatly. It meant a lot to me that my job was a labor of love. Another critical learning moment I had is the reality of peoples economic needs. Many families in my community rely heavily on donated

food, and lighthouses' blessings. That was both heartbreaking and beautiful to me. It was heartbreaking to think of children and adults living in that level of poverty, but beautiful to know that Lighthouse is a help for them.

The critical moments I had were influenced by Jesus and blessed me mightily. I know that the Holy Spirit was speaking to my heart while I was working. It was humbling for me. The insights that God gave me helped me to disconnect from the intense desire to finish up and go home, and stay in tune with why I was there. In the future, I foresee my critical insight from this week evolving by way of the Holy Spirit. I feel that He will continue to give me thoughts that humble my heart and help me to stay present. When you work full time and go to school, things outside of that feel very taxing. It's easy for me to fantasize about working fast and getting home. However, when we do things, God wants us to do them selflessly and in love. We can't get distracted by our flesh. In the future, I would like to have an open heart and give my all to everyone God assigns me to. For the coming week, I aspire to learn more about Lighthouse's history.