50 ideas to promote *Integrity* during Neumann University’s 50th Anniversary

At Neumann University we live the value of *Integrity* by speaking the Truth in Love; acting fairly, honestly, and ethically at all times; and accepting responsibility for the consequences of our actions. We believe that *Integrity* is the foundation of a community where persons live and work, study and play, as brothers and sisters. Francis and Clare of Assisi lived honest and morally upright lives and encouraged others to do the same. As their followers we strive to live in such a way that our lives and words reflect God’s goodness and truth.

Throughout the 2015-2016 year, we will offer multiple opportunities to explore various aspects of *Integrity*.

The Franciscan Moral Vision

1. Attend a Lunch and Learn Mini-session on *The Franciscan Moral Vision II* during the week of March 8-10.
3. Visit the Mission and Ministry reflections on *Integrity*.
4. Read an article from the *AFCU Journal on Integrity*.
5. Catch someone – a student, colleague, even stranger – performing an act of integrity and affirm it.
6. View at least one of the DVDs in the series *Franciscan Moral Vision: Responding to God’s Love*.
7. Find 3 quotes from St. Francis and St. Clare about Integrity for use in class, to post on an office door, or to add to the signature line of your emails. Try this site for starters: *Brainy Quotes*.
9. Since integrity is the foundation of a community of brothers and sisters who live and work, study and play together, consider supporting fellow Neumann Knights by attending a concert, listening to a guest speaker, or cheering at a game. Visit *neumann.edu* and *neumannathletics.com* to check out schedules of upcoming events.
10. Serve at a soup kitchen with your friends or family and take time to get to know one of the individuals who attends.
11. Take time to read about the program on *leading with integrity* that was provided for our athletes. Ask a student athlete about what they have learned.
12. Speak the truth even when it may seem risky or causes others to be uneasy.
13. Offer open, honest feedback to colleagues, and listen carefully to feedback from others.
14. When identifying problems, attempt to offer solutions.
15. Watch the student produced video addressing harassment - *It’s On Us*.

The importance of Solitude and Reflection as the basis for ethical decision-making

16. Attend the *Advent Dinner and Evening of Reflection* on December 2, 2015 - *Celebrating A Franciscan Christmas from Crib to Cross*.
18. Attend a Lunch and Learn Mini-session on *Solitude, Reflection and Sacred Spaces* the week of April 26-29, 2016.
20. Take a walk on the grounds of Our Lady of Angels Convent on your lunch break. (Contact the NIFS office for a link to the virtual tour.)
21. Use the *Labyrinth* on the grounds of Our Lady of Angels Convent to quiet yourself and listen to your inner voice.
22. Pause a couple of minutes, close your eyes and pray.
23. Take a moment to enjoy the sunset as you leave campus in the evening.
24. Turn off the radio during your ride to or from work; relish the quiet.
25. Visit St. Clare’s Garden behind the Ministry House. Just sit and BE.
26. Take a real or *virtual* tour of the pillars in the Mirenda Center and ponder what you see and read.
27. Invite students in your class, club, or team to visit the Mirenda Center and reflect for 15 minutes on one of the pillars. Ask everyone to reflect together on what touched them.

28. Spend a few minutes in Sacred Heart Chapel gazing upon the San Damiano Cross, or study the Tavolas of St. Francis and St. Clare in the back of the chapel.

29. Explore the Canticle of Creation in the lobby of the Rocco Abessinio building.

30. Go to YouTube and watch and listen to “The Canticle of Creation”

31. In class invite students to listen to the above and sit in quiet for a few moments afterwards.

32. Take time to reflect on these questions: How do I model integrity? What are my excuses? Are they valid? Where do I need to grow in Integrity?

33. Join in one of the service opportunities with Campus Ministry or a club and reflect on how this service can be a way of acting fairly, honestly and ethically.

34. Listen meditatively to Pope Francis’ Prayer for the Earth.

35. Engage students in a reflection on an ethical dilemma related to the course you teach. Santa Clara University has excellent case studies.

Laudato Si! (examining “integral ecology” - caring for all of creation)

36. Attend at least one of the Lenten Soup and Sharing sessions on Laudato Si! on 2/19, 2/26, 3/4 & 3/18.

37. Attend the Lenten Dinner and Evening of Reflection on February 22, 2016 - Healing the Earth as a Lenten Practice: Exploring Laudato Si!

38. Visit the Mission and Ministry reflections on Laudato Si!

39. Read Laudato Si!

40. Use the Study Guide to help you understand Laudato Si! Use the Discussion Guide to share with others in your department or with family and friends.

41. Take the Ecological Footprint Quiz; it is interactive and fun, but also informative and challenging.

42. Participate in Adopt-A-Highway.

43. View any episode on YouTube of Father Dan Horan, ofm commenting on Laudato Si.

44. Listen to “A Love Song to the Earth” and share with another.

45. Watch the video clip on A Story of Trash and make a commitment to cut down on your trash.

46. Think of three ways you can reduce, reuse, or recycle at home, at work, and as the Christmas holidays approach.

47. Visit the Catholic Climate Covenant website and sign the St. Francis Pledge.

48. Watch Morgan Freeman’s Powerful Climate Change Short Film.

49. Ask students to read the story of Kya Johnson’s work with the Peace Corps in Botswana. Research the world water crisis.

50. Integrate into a course one concrete lesson related to environmental awareness. Contact the NIFS office for assistance.

N.B. For more information on programs, reflection opportunities, books, CDs, and films contact the Neumann Institute for Franciscan Studies.