

# e-Engage e-Connect

# Reference Guide

inviting the faith community back

Marilyn Jackson

Ministry Services

306-659-5836 mjackson@rcdos.ca **John Hickey** 

Evangelization & Mission

306-659-5847 jhickey@rcdos.ca

**Myron Rogal** 

*Justice & Peace* 

306-659-5841 mrogal@rcdos.ca

# **RE-ENGAGE**

**Objective:** to contact all members of our parish to invite them back to the faith community and to gauge their interest and comfort in returning to Church.

# **Expected Outcomes:**

# 1. Make a personal connection

Phone ministry can be an excellent opportunity to strengthen or create new relationships with the people you are phoning. The goal is to be personable with each person we call by asking questions and being a good listener.

# 2. Offer a compelling invitation

As excitement builds around "returning to normal", we want to build momentum around our parish community by inviting each person not only to the liturgy, but to return to the parish community itself. If your parish is planning exciting social events and spiritual events in addition to Sunday Mass, people will want to participate!

# 3. Census for the parish

With each phone call, ask if they are planning to return to the parish community or not. If they seem unsure or uninterested in returning, it's important to find out why so that parish staff can gain insight of what to expect in terms of numbers, rebuild the volunteer base and learn how to better serve the faith community.

# STEPS TO FOSTERING ENGAGEMENT

- 1. Form a Re-engage Committee. A representative from each ministry is a good way to start.
- 2. Committee should obtain the most up to date parish list from the parish office (see terms of confidentiality in phone protocols).
- 3. From the list, determine how many volunteers you will need so that each volunteer has no more than six to ten families to contact.

- 4. Recruit phoning volunteers from parishioners who have been attending Mass in person regularly, as well as ministry leaders.
- 5. Meet with volunteers in person and provide them with the list of families for them to call, a script, a prayer and phone protocols.
- 6. Decide on a time frame for calls to be made so that the Re-engage Committee can gather information in the event that people identify the need for support.

# An Opportunity for Accompaniment

"In a culture paradoxically suffering from anonymity and at the same time obsessed with the details of other people's lives... the Church must look more closely and sympathetically at others whenever necessary. In our world, ordained ministers and other pastoral workers can make present the fragrance of Christ's closeness and his personal gaze. The Church will have to initiate everyone – priests, religious and laity- into this "art of accompaniment"

-Evangelii Gaudium 169-

# PHONE PROTOCOLS FOR VOLUNTEERS

- During the course of a phone call a volunteer may hear personal, sensitive, private and/or confidential information. It is important for everyone to be aware of the importance of privacy and confidentiality and not to disclose information which has been received during the call, except to the parish committee that will facilitate assistance, if requested by the individual.
- 2. A confidentiality agreement should be signed by volunteers (a sample is provided on page 11).
- 3. If a parishioner expresses the need for support, the caller should get consent from the individual to release any related information to the committee so that support can be arranged. Verbal consent is acceptable but should be documented on the form you choose to use to record information
- 4. Fill out information for each person that you speak to and be sure to let them know that you are documenting the phone call, just to keep track of who has been contacted and that you will only share information with the committee that they have given permission for. A sample is provided for parishes who don't have a standardized system of collecting information.

# THE PROCESS OF THE PHONE CALL

- 1. Always pray for the person you are about to phone.
- 2. While it's important to follow the script provided by the committee, the call should not sound rehearsed. When the caller practices good listening skills, the call becomes more personalized to each parishioner.
- 3. Introduce yourself and explain that you are calling on behalf of your parish and that everyone who is registered in the parish will be getting a phone call. If you know the person you are calling or you have a connection to them from a ministry, feel free to highlight that.

"Hi there. Is this Doug? Hi Doug, my name is Barry and I'm calling on behalf of <name of parish>. We're just following up with everyone who is registered at the parish. As restrictions begin to lift in the province, we want to get a sense of who we can expect to return to the community and let you know about some of the community events we have planned."

# See page 8 for a sample script

- 4. Make sure you allow enough time for each call so that the recipient does not feel rushed.
- 5. Reduce any interruptions by making calls from a private place in your home.
- 6. Take cues from the individual. If they seem happy to talk, continue the conversation. If not, thank them for their time and end the call. As they respond, they may offer a brief answer or immediately share how they feel about returning to the parish:
  - a. If they offer a brief answer, this may indicate that they want to continue with the conversation. In this case, you can establish rapport by asking a noninvasive personal question: "How are things going for you and the family?" or "How do you feel about restrictions being lifted?"
  - b. They may immediately begin to share their thoughts. You can't predict how people will respond and each one may be different from the next. Generally speaking, people are polite and the calls will be positive. Regardless of how they respond, it is important to "match the mood" of the speaker.
  - c. If they are excited to come back or have been back already, match their excitement! Let them know that the parish is viewing this time as an

opportunity for a renewed beginning, healing and growth. Tell them about the exciting new ways that they can get involved. Invite them to meet you in person after Mass or at a parish event.

- d. End the conversation by reflecting back to them their stated interest in coming back and thank them.
- 7. Record results of the call. A sample form is provided (see page 10) but please record information in the way your parish normally would do so.

# **Strategies for Responding to Difficult or Uncomfortable Calls**

# If you sense that the caller may need further support than what you can offer:

- Begin by listening; it is a ministry in itself. It can be intimidating to sit with someone's frustration, but it can also be healing to accompany another in their pain. If a level of trust has been established, it may be appropriate to pray with the person.
- You can use phrases such as: "I understand. It sounds like this situation has affected you personally.
- You can ask the caller early in the conversation if they have attended or had family who attended a residential school.
- If so, advise them to reach out to the 24-HOUR RESIDENTIAL SCHOOL CRISIS LINE at 1-866-925-4419 to receive the support that you are not trained to provide
- End the call by affirming their pain and anger and ask if you can lead them in prayer.

# If they are angry at the Church:

- Begin by reminding them that their questions, anger and critical thinking are a blessing that can help build the change they want to see in their Church and in society.
- Listen and let them know you are listening by saying things like "I understand"
- It is not a good idea to share your personal views, whether you agree or disagree with them. It is important to *listen*.
- Refer them to go to the TRC official website trc.ca to see the reports in their original form, available in English or French, and draw their attention to the calls to action at nctr.ca/records/reports
- They can reach out to Myron Rogal for ideas and support <a href="mrogal@rcdos.ca">mrogal@rcdos.ca</a> 306-659-5841.

# If they are wondering what the Church has done, including apologies:

- Refer them to Myron Rogal, Justice & Peace Coordinator, <u>mrogal@rcdos.ca</u> or phone 306-659-5841
- You could say, "That's a hard question to answer. I'm not equipped to answer it but it is important for you to get an answer to your question so I would like to recommend that you call the Diocesan Coordinator for Justice & Peace. He would be happy to chat with you."

# If they express discomfort or unease about returning to Church:

- Listen for the reasons and offer empathy. Most people who are uneasy about returning do not want a list of reasons why they should feel otherwise. They want to be heard and they want to be understood.
- You can say things like: "I totally understand. You're not alone. I think for many people, transitioning back to things we used to do will take some time and that's okay. Has this been tough for you? Do have an idea in mind as to what you would need in order to feel comfortable joining us?
- If they have expressed reservations about coming back, ask permission for someone to follow up in the future:

"So, what I'm hearing is that you're still on the fence and may be interested in coming later in the fall once things have settled a bit? We may be reaching out again in a few months. Would it be okay if someone from the parish were to follow up again?"

• If rapport and trust has been built, you can offer to pray with them over the phone.

# WHAT DOES RESEARCH TELL US?

best practices for a phone campaign

# BEST DAYS OF THE WEEK TO SUCCESSFULLY MAKE A CONTACT

Wednesdays and Thursdays have been found to be the days when you can reach people at home





# BEST TIME OF DAY TO REACH PEOPLE

4 PM to 5 PM

# PERSISTENCE HOW MANY TIMES DO YOU TRY TO MAKE CONTACT?

By making a few more call attempts, you can experience up to a 70% increase in contact rates!



# PRAYING WITH OTHERS

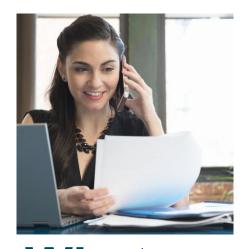
Praying with others does not come naturally for everyone and sometimes may feel uncomfortable. We might feel like our prayers are not well phrased or that we might not know what to say. Praying with people over the phone can often be a powerful opportunity to build trust, and have the Holy Spirit empower both the person receiving the prayer and the person praying. To help you feel equipped to pray with others, try the following suggestions:

- Pray ahead of making your phone call, asking God to help you to be bold and to help you put your fears aside.
- Just as in our private prayer, we can talk to God in simple language, using your own words.
- Begin by acknowledging God's greatness and the things He has done.
- Thank Him for the blessings in your day and in the life of the person you are praying with.
- Next pray for the intentions of the person on the phone, if they share with you, or pray for their general well being and health.
- The prayer does not have to be lengthy or complicated.
- It could go something like this:

"Lord, I offer to you <person's name> right now, and I ask that you would fill them with your Holy Spirit. I pray that you would give them peace and guidance in these difficult times. Help them to know that you are with them and understand how they are feeling right now and please gently direct them. We pray through Christ our Lord. Amen."

- You can also pray an Our Father, Hail Mary and Glory Be.
- Ask the person on the phone if they are comfortable praying with you or if they
  would rather you prayed.
- You do not have to use this prayer if you are comfortable using your own words.
- God will be happy to hear from you, no matter what format you use.

# WHAT MIGHT YOUR SCRIPT LOOK LIKE?



# What might your script look like?

Meet with your Re-Engage Committee to adapt the following script for use in your parish:

- "Hi there. Is this Doug?
- Hi Doug, my name is Barry and I'm calling on behalf of <name of parish>. We're just following up with everyone who is registered at the parish. As restrictions begin to lift in the province, we want to get a sense of who we can expect to return to the community and let you know about some of the community events we have planned."
- How are things going in your home?
- What has been the biggest challenge for you during the last year?
- In what ways can we help you?
- We have some exciting events coming up in the parish. Can I tell you about them?
- Thanks for your time. Can I pray with you?
- Do you have specific prayer intentions?

Volunteers should also be provided with an information sheet listing what services and events are available in your parish, any social media platforms used by your parish, and ministry contact numbers.

# TIPS ON SPEAKING EFFECTIVELY & ASKING QUESTIONS

#### SPEAKING EFFECTIVELY

For the most part, a caller's job is to **listen**, not to talk.

- Say as little as possible about your own ideas, opinions or experiences
- The more time you spend talking, the less time there will be for the recipient to share

Be conscious of the language you use.

- Words and ideas that are comfortable and familiar to you may be new and strange for recipients
- Don't assume that everyone understands "church" language or knows what's going on in the parish

Speak slowly and clearly.

- It lets recipients know that it's okay to take time to think about what they're saying
- Your tone of voice carries your message as clearly as the words you use

Don't be afraid of silence.

- A few seconds of quiet after you have asked a question can seem to last forever.
- Bite your tongue, breathe and wait
- Give recipients time to sort out their thoughts and decide what they want to say

## **ASKING QUESTIONS**

# ASK QUESTIONS THAT CAN'T BE ANSWERED WITH A SIMPLE "YES" OR "NO".

- What do you think might change this?
- Then what did you do?
- In what ways can we help you?

## **ASK FOR MORE INFORMATION**

- Can you tell us more about that?
- What happened next?
- Can you give an example?

#### MAKE POSITIVE COMMENTS

- Good point
- That is an interesting idea

# SUM UP THE DISCUSSION TO CHECK YOUR UNDERSTANDING

- So, what I have heard is that you could use help ordering groceries, you need help accessing livestreamed Mass...
- We have agreed that I will submit your requests for support to the committee...

# USE PEOPLE'S NAMES WHEN SPEAKING TO THEM

 It personalizes the conversation and people like to hear their name

Adapted from the Nobody's Perfect Trainer Facilitator's Guide,  $4^{th}$  edition 2016, printed by the Public Health Agency of Canada

| Name                                       |                            |                        |                    |
|--|----------------------------|------------------------|--------------------|
| Phone number                               | email address _            |                        |                    |
| Notes:                                     |                            |                        |                    |
| [ ] needs help [ ] plans to return to Mass | [ ] interested in an event | [ ] said yes to prayer | [ ] can call again |
|  |                            |                        |                    |
|  |                            |                        |                    |
|  |                            |                        |                    |
|  |                            |                        |                    |
| Name                                       |                            |                        |                    |
| Phone number                               | email address _            |                        |                    |
| Notes:                                     |                            |                        |                    |
| [ ] needs help [ ] plans to return to Mass | [ ] interested in an event | [ ] said yes to prayer | [ ] can call again |
|  |                            |                        |                    |
|  |                            |                        |                    |
|  |                            |                        |                    |
|  |                            |                        |                    |
| Name                                       |                            |                        |                    |
| Name                                       |                            |                        | <del></del>        |
| Phone number Notes:                        | email address _            |                        |                    |
|  | [ ] interested in an event | [ ] acid you to prover | [ ] can call again |
| [ ] needs help [ ] plans to return to Mass | I Interested in an event   | I I said yes to prayer | [ ] can call again |
|  |                            |                        |                    |
|  |                            |                        |                    |
|  |                            |                        |                    |

# **VOLUNTEER CONFIDENTIALITY AGREEMENT**

I agree not to ask parishioners to disclose personal information, asking only questions that have been approved for this ministry.

I will respectfully listen to the parishioner, should they freely disclose personal information.

I will not document information without the consent of the parishioner and I will not disclose what I am told to anyone either formally or informally, except when: the parishioner has asked me to bring it to the attention of the Pastor, PLD, Parish Nurse, organizing committee.

| Name of Parish                   |           |      |
|----------------------------------|-----------|------|
|                                  |           |      |
| Name of volunteer (please print) | Signature | Date |
| Name of witness (please print)   | Signature | Date |

# **CREATING CONNECTION GROUPS**

# INTERCESSORY PRAYER GROUPS



"For where two or three are gathered in my name, I am there among them". *Matthew 18:20* 

# That's all you really need!

- Two or three people who want to get together to pray on a regular basis.
- Groups can choose the time and day to pray
- Groups can choose how often they want to meet
- The groups can be larger and there can be any number of groups praying in your parish.
- Groups can meet in person in homes or the church or via Zoom

Here are two websites to visit to read inspirational articles about intercessory prayer:

The Power of Intercessory Prayer | ChristLife | Catholic Ministry for Evangelization

Evangelizing by Interceding | The Word Among Us (wau.org)

You can also visit our website to sign up to join others across the diocese to pray for three new intentions every month:

Intercessory Prayer Network - Diocese of Saskatoon (rcdos.ca)

See APPENDIX at the back of this document for prayers that you can say in your Intercessory Prayer Group. If you choose to pray them all, it will take approximately one hour so choose the ones you like that will fit into your timeframe or use other well-loved resources. Every Intercessory Prayer Group can be customized to suit each group!

# **DISCOVERY STUDIES OR ALPHA**











# Alpha - https://www.alphacanada.org/



Alpha comes with everything you need to get started, and everything is available for free. Versions in English, French and Mandarin are available to download for free in MyAlpha.

- All episodes via download
- Alpha Team Guide (with discussion questions)
- Alpha Leader Training
- Access to other context-specific tips and tools.

To learn more about forming a Discovery Study group or an Alpha group in your parish,

call the Diocesan Evangelization & Mission Leader

JOHN HICKEY 306-659-5847 jhickey@rcdos.ca

John can help you with recruiting participants, facilitating a small group and forming missionary disciples!

# **BREAKING OPEN THE WORD**

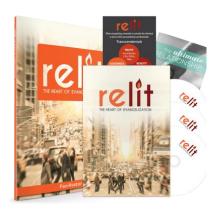
Visit our website for reflections on the Sunday Readings. Gather in small groups on Sunday afternoons or Monday evenings to unpack the Sunday Readings and discuss what your Pastor talked about in his Homily.

Scripture and Prayer - Diocese of Saskatoon (rcdos.ca)

See APPENDIX at the back of this document for a process called the Experiential Learning Cycle. The process helps to keep your discussion on track and unpack the experience – in this case, the Sunday readings or the Homily. It helps to apply the experience (the message) to your everyday living.

# **VIDEO DISCUSSION GROUPS**

I have this resource to lend out or you can order from their website



# http://relittraining.com/details.html

relit is a dynamic training program consisting of 18 DVD-based sessions, with insightful discussion questions and more found in the facilitator and participant guides - All of which can be offered as a weekend retreat! However, with a completely flexible implementation plan, you get to choose to offer the training over a weekend, 6-9 weeks, or 18 weeks. Plus, you only need just one small group of committed staff and parishioners to start - from three to thirty parishioners.

Bishop Robert Barron <a href="https://www.wordonfire.org/">https://www.wordonfire.org/</a>

Visit the Word on Fire website for videos and other resources.



# THE WILD GOGE

The Wild Goose series is truly a work of the Holy Spirit. "Wild Goose" was a term that the ancient Celts had for the Holy Spirit. It is a 14-part series featuring Fr. Dave Pivonka and various interviews. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites viewers to an encounter, or a renewed encounter, with the Holy Spirit.

<u>The Wild Goose — THE MINISTRY OF THE WILD GOOSE</u> (thewildgooseisloose.com)

#### FREE WITH A DOWNLOADABLE STUDY GUIDE

Also available on The Wild Goose website:



**Metanoia** is a production of The Ministry of The Wild Goose This 10-part series featuring Fr. Dave Pivonka, TOR, President of Franciscan University and founder of The Ministry of the Wild Goose, leads us on a journey with Christ into conversion. Each of the episodes explores areas of our life where conversion is so often necessary. Metanoia will examine topics such as who is Jesus, what must we do to inherit eternal life, and many other significant matters of faith. With preaching from Fr. Dave as well as personal testimonies from men and women, young and old, religious and lay, their stories will inspire you to seek to encounter Jesus and the new life he is constantly inviting us to.



was born out of a desire to provide the **committed missionary disciple** with a community and a plan to help them **change the world**. We are here to share with you the **tools**, **strategies and support** necessary to successfully share your Faith with the world...

# uEvangelize.org

- Free membership
- Videos from past New Evangelization Summits
- Evangelist Basecamp (short videos and reflection questions for personal or small group use)

# **APPENDICES**

Appendix A – Intercessory Prayers

Appendix B – Experiential Learning Cycle

# "Almighty Father, I place the Precious Blood of Jesus before my lips before I pray, that my prayers may be purified before they ascend to Your divine altar"

R: Lord hear our prayer

For reparation of sin and the conversion of sinners, especially those in our family

For all souls in purgatory

For an end to abortion, euthanasia and contraception

For the sanctity of marriage and family

For an increase in the Priesthood and consecrated life, especially in our Diocese

For the prodigal children who have left the Church

For the sick and suffering

For spiritual growth for us, our families and friends and members of our Parish

## \*Add your own prayer intentions\*

#### CONSECRATION TO THE SACRED HEART OF JESUS

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before your altar. We are Yours and Yours we wish to be. But, to be more surely united with You, behold, each of us freely consecrates himself today to Your Most Sacred Heart.

Many indeed have never known You. Many, too, despising Your precepts, have rejected You. Have mercy on them all, most merciful Jesus, and draw them to Your Sacred Heart. Be King, O Lord, not only of the faithful who have never forsaken You, but also of the prodigal children who have abandoned You. Grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger. Be King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbour of truth and unity of faith, so that soon there may be but one flock and one Shepherd.

Grant, O Lord, to Your Church, assurance of freedom and immunity from harm. Give peace and order to all nations, and make the earth resound from pole to pole with one cry: "Praise to the Divine Heart that wrought our salvation – to It be glory and honor forever!" Amen.

#### **CONSECRATION TO MARY**

My Queen, my Mother, I give myself entirely to thee – my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore good Mother, as I am entirely thine own, keep me, guard me as thy property and possession. Amen.

#### PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit come! Live within my heart. Come Holy Fire of Love, renew the face of the earth. Come, O Light of hearts, enlighten those who are confused. Come, Divine counsellor, comfort those who are afflicted. Come, Father of the poor, make of me your handmaiden. Speak in me, move through me that your perfect will may be done and every breath of mine may be an outpouring of your Spirit. Amen.

#### St. Louis De Monfort's Preparation for the Recitation of the Rosary

I unite myself with all the Saints in Heaven, and with all the just on earth; I unite myself with You, my Jesus, in order to praise Your holy Mother worthily and to praise You in her and by her. I renounce all distractions that may come to me while I am saying this Rosary. Amen.

#### THE HOLY ROSARY

#### PRAYER TO ST. JOSEPH FOR THE WELFARE OF THE CHURCH

Unto thee, O blessed Joseph, do we fly in our tribulation, and having implored the help of thy holy Spouse, we now also confidently seek they protection. By that affection which united thee to the Immaculate Virgin, Mother of God, and by thy fatherly love for the Child Jesus, we humbly beg thee to look down with compassion upon the inheritance which Jesus Christ purchased with His blood, and in our need to help us by thy powerful intercession.

Do thou, O prudent guardian of the Holy Family, watch over the chosen people of Jesus Christ. Keep us, O loving father, safe from all error and corruption. O great protector, from thy place in Heaven, graciously help us in our contest against the powers of darkness. And as of old thou didst rescue the Child Jesus from the danger of death, so now defend God's holy Church from the snares of the enemy and from all adversity. Extend to each of us they continual protection, that led on by thine example and strengthened by thine aid, we may live and die in holiness and obtain everlasting happiness in Heaven. Amen.

#### LITANY OF ST. JOSEPH

Lord, have mercy on us
Lord, have mercy on us
God, the Father of Heaven
God the Son, Redeemer of the world
God the Holy Spirit
Holy Trinity, One God

Christ, have mercy on us Christ, hear us Have mercy on us Have mercy on us Have mercy on us Have mercy on us

#### R: Pray for us

Holy Mary Saint Joseph Illustrious son of David Light of the patriarchs Spouse of the Mother of God Chaste guardian of the Virgin Foster-father of the Son of God Watchful defender of Christ Head of the Holy Family Joseph most just Joseph most chaste Joseph most prudent Joseph most valiant Joseph most obedient Joseph most faithful Mirror of patience Lover of poverty Glory of domestic life Guardian of virgins Pillar of families Solace of the afflicted Hope of the sick Patron of the dying Terror of demons Protector of the Holy Church

Lamb of God, who takes away the sins of the world Lamb of God, who takes away the sins of the world Lamb of God, who takes away the sins of the world Spare us, O lord Graciously hear us, O Lord Have mercy on us

V: He made him the lord of his household

R: and prince over all His possessions

LET US PRAY: O God, Who in Thine ineffable providence didst choose Blessed Joseph to be the spouse of Thy most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven. Thou who lives and reigns forever and ever. Amen.

#### **CHAPLET OF THE DIVINE MERCY**

Our Father, Hail Mary, Apostle's Creed

#### ON THE BEADS OF THE OUR FATHER:

**V.** Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ:

R. In atonement for our sins and those of the whole world

#### ON THE BEADS OF THE HAIL MARY:

V. For the sake of His sorrowful Passion

R. Have mercy on us and on the whole world.

#### TO FINISH, SAY THREE TIMES:

V. Holy God, Holy Mighty One, Holy Eternal One

**R.** Have mercy on us and on the whole world.

#### LITANY OF HUMILITY

O Jesus! Meek and humble of heart Hear me

From the desire of being esteemed **Deliver me, Jesus** 

From the desire of being loved...

From the desire of being extolled...

From the desire of being honoured...

From the desire of being praised...

From the desire of being preferred to others...

From the desire of being consulted...

From the desire of being approved...

From the fear of being humiliated...

From the fear of being despised...

From the fear of suffering rebukes...

From the fear of being calumniated...

From the fear of being forgotten...

From the fear of being ridiculed...

From the fear of being wronged...

From the fear of being suspected...

That others may be loved more than I Jesus, grant me the grace to desire it

That others may be esteemed more than I...

That, in the opinion of the world, others may increase and I may decrease...

That others may be chosen and I set aside...

That others may be praised and I unnoticed...

That others may be preferred to me in everything...

That others may become holier than I, provided that I may become as holy as I should...

# THE ALL SOULS ROSARY

This chaplet is said on an ordinary Rosary

On the Crucifix say the Psalm "Out of the depths":

Out of the depths I cry to you, O Lord: O Lord, hear my voice! Let your ears be attentive to the voice of my supplication. If you should remember sins, O Lord: O Lord who could bear it? But with you is forgiveness, that you may be served with reverence. I hope in the Lord, my soul hopes in his word; My soul waits for the Lord, more than watchmen for the dawn, let Israel wait for the Lord. For with the Lord is mercy and with him plenteous redemption. And he shall redeem Israel from all its sins.

Say the OUR FATHER on the large beads.

Say the following Invocation on the small beads:

#### O good Jesus, have mercy on the souls in purgatory and grant to them eternal rest.

Each decade may be offered for a particular intention, by using the following prayers:

*First decade:* I offer You, my Saviour, this first decade for the souls of all my relatives, through the Precious Blood which You shed for them in Your Agony in the Garden of Gethsemane. O good Jesus, have mercy on them!

OUR FATHER, repeat the Invocation 10 times.

Second Decade: I offer You, my Saviour, this second decade for the souls of all those who have shown me kindness, through the Precious Blood which You shed for them in Your Scourging. O good Jesus, have mercy on them!

OUR FATHER, repeat the Invocation 10 times.

Third decade: I offer You, my Saviour, this third decade for the souls of those whom I have at any time offended (or the souls that are the most destitute, or for the souls that were most devoted to the Blessed Virgin Mary), through the Precious Blood which You shed for them in carrying Your Cross to Calvary. O good Jesus, have mercy on them!

OUR FATHER, repeat the Invocation 10 times.

Fourth decade: I offer You, my Saviour, this fourth decade for the souls of my friends and companions, through the Precious Blood which You poured forth upon the Cross, and through he sorrows which Mary, our tender Mother, endured at the foot of the Cross. O good Jesus, have mercy on them!

OUR FATHER, repeat the Invocation 10 times.

Fifth decade: I offer You, my Saviour, this fifth decade for the soul of my father (or mother or N.). I offer You, for this soul so dear to me, the Precious Blood and the sacred water from Your Heart, pierced by the lance. O good Jesus, open to this soul the gate of Heaven and grant me the grace to be reunited with it forever in the bosom of Your goodness.

OUR FATHER, repeat the Invocation 10 times.

#### PRAYER TO ST. MICHAEL THE ARCHANGEL

V. Incline unto my aid, O God R. O Lord, make haste to help me.

Glory be to the Father...

- 1. By the intercession of St. Michael and the heavenly choir of Seraphim, may the Lord make us worthy to burn with the fire of perfect charity. Amen. Our Father, 3 Hail Marys.
- 2. By the intercession of St. Michael and the heavenly choir of Cherubim, may the Lord grant us the grace to leave the ways of son and run in the paths of Christian perfection. Amen. Our Father, 3 Hail Marys.
- 3. By the intercession of St. Michael and the heavenly choir of Thrones, may the Lord infuse into our hearts a true and sincere spirit of humility. Amen. Our Father, 3 Hail Marys.
- 4. By the intercession of St. Michael and the heavenly choir of Dominions, may the Lord give us grace to govern our senses and overcome unruly passions. Amen. Our Father, 3 Hail Marys.
- 5. By the intercession of St. Michael and the heavenly choir of Virtues, may the Lord preserve us from evil and falling into temptation. Amen. Our Father, 3 Hail Marys.
- 6. By the intercession of St. Michael and the heavenly choir of Powers, may the Lord protect our souls against the snares and temptations of the devil. Amen. Our Father, 3 Hail Marys.
- 7. By the intercession of St. Michael and the heavenly choir of Principalities, may God fill our souls with a true spirit of obedience. Amen. Our Father, 3 Hail Marys.
- 8. By the intercession of St. Michael and the heavenly choir of Archangels, may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven. Amen. Our Father, 3 Hail Marys.

9. By the intercession of St. Michael and the heavenly choir of Angels, may the Lord grant us their guardianship through this mortal life, and after death a happy entrance into the everlasting glory of Heaven. Amen. Our Father, 3 Hail Marys.

#### OUR FATHER in honor of:

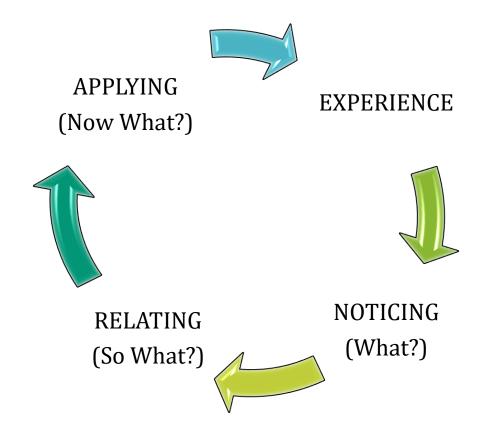
- St. Michael
- 2. St. Gabriel
- 3. St. Raphael
- 4. Our Guardian Angel

O Glorious prince, St. Michael, leader and commander of the heavenly host, guardian of the souls of men, conqueror of the rebel angels, steward of the palace of God, our worthy leader, endowed with holiness and power, deliver us from every evil. With full confidence we have recourse to you, that by your gracious protection we may be enabled to make progress every day in the faithful service of God.

- V. Pray for us, most blessed Michael, Prince of the Church of Jesus Christ
- **R.** That we may be made worthy of His promises

Almighty and everlasting God. Who by a prodigy of goodness and merciful desire for the salvation of all men has appointed the most glorious archangel, St. Michael, prince of Your Church, make us worthy, we beseech You, to be delivered by his powerful protection from all our enemies, that none of them may harass us at the hour of our death, but that we may be conducted by St. Michael into the august presence of Your Divine Majesty. This we beg through the merits of Jesus Christ Our Lord. Amen.

## EXPERIENTIAL LEARNING CYCLE



The process of experiential learning involves recognizing and examining experiences by asking (and answering) a series of questions:

# What? (NOTICING the experience; the experience is reading or hearing the Sunday readings and/or listening to the Homily)

- What happened?
- What was said? By you? By others?
- What did you see?
- What happened first? Then what happened?
- In what order did things happen
- At what time of day did it happen?
- What else was happening at the time?
- Who was there? Who was not there?

TIP: "Notice" questions involve all the senses.

# So What? (RELATING the meaning of the experience personally)

- What are you becoming aware of?
- What does this remind you of?
- What meaning do you begin to see here?
- What do you begin to know about yourself in this situation?
- How does this make you feel?

# TIP: "Relating" questions connect to feelings and meaning.

# Now what? (APPLYING what YOU have learned from the experience)

- Based on your experience...
- What you noticed and what it means to you
- What new options are you aware of?
- What do you think you will do now?
- What other situations might this new awareness be useful to you?

These questions will help you separate what actually happened (the facts) from how you feel. When you can separate the events from the emotions, you are in a better position to apply what you have learned from the experience.

## Experiential Learning is circular:

- Everyday is full of experiences
- Every experience offers an opportunity for learning
- Everything you learn leads to new experiences

EXPERIENTIAL LEARNING is a tool we can use to become more aware of our experiences and to understand them in a way that will increase our confidence in what we're doing or bring new insights that may lead us to do things differently.

FOR MORE INFORMATION ABOUT LEADING DISCUSSIONS USING THE EXPERIENTIAL LEARNING CYCLE, CALL MARILYN 306-659-5836