

Living Catholic:

Foundations for the New Evangelization

Parish and Online Version Implementation Guide

“The Church needs resolute, consistent, and faithful witnesses who, in the face of widespread doubts and disbelief on many levels in society today, will show in word and deed their commitment to the ever living Christ.”

Blessed John Paul II

This implementation guide is designed to assist pastors and parish leaders as you prepare to offer the *Living Catholic: Foundations for the New Evangelization* blended learning experience at your parish. As a guide, it contains all relevant planning and marketing materials as well as all weekly handouts for the program. It is intended as an aid for you to most successfully realize the *Living Catholic: Foundations for the New Evangelization* program in your particular parish setting.

While this guide is primarily designed for usage by a large parish group, various models can be used, particularly in the small group and paired sharing experiences. *Adapting the course to the individual needs of your parish is encouraged!*

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Living Catholic: Foundations for the New Evangelization

Overview

What:

“Firm and well-thought-out convictions lead to courageous and upright action; the endeavor to educate the faithful to live as disciples of Christ today calls for and facilitates a discovery in depth of the mystery of Christ in the history of salvation” (*Catechesi Tradendae*, 22)

Living Catholic: Foundations for the New Evangelization is an accelerated formation experience for ALL Catholics: leaders, staff, volunteers and parishioners. The program draws participants from a parish community closer to Jesus Christ and each other, teaches the basic truths of the faith from the *Catechism of the Catholic Church*, the *Compendium of the Catechism of the Catholic Church*, and *United States Catholic Catechism for Adults*; fosters a welcoming parish community; and prepares participants to more confidently evangelize.

With a focus on deepening one’s relationship with Jesus Christ in the context of prayer and learning, participants will grow in a common vision of what it means to live as a Catholic today, what we believe, and our shared mission to evangelize. This will occur in the context of a parish community, and with significant online elements.

The course is not intended as an end in itself; rather, it is a means of cultivating lifelong commitments to study, spiritual growth, service, and evangelization. Ideally, once participants complete this course, they will be looking for more ways to grow in their faith. As such, it is an excellent opportunity for parishes to kick-off the Year of Faith called for by Pope Benedict XVI and be the first step in becoming a life-long student of faith.

Who:

“It is quite clear that all Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of love, and by this holiness a more human manner of life is fostered also in earthly society.” (*Lumen Gentium*, 40)

The intended participants include all parish and school leaders, staff, volunteers and parishioners. However, particular invitation should be offered to those who are already serving in some ministerial capacity.

For example, a pastor may invite:

- Parish and school leaders, staff and teachers
- Parish volunteers – catechists, choir members, committee members, extraordinary ministers of the Eucharist, greeters, lectors, ushers, etc.,
- Parish pastoral and finance councils
- Members of school advisory board
- Members of parish organizations, such as Ladies of Sodality
- Knights of Columbus
- Parishioners

A sample invitational flyer, for both leaders and non-leaders, is included along with additional promotional material in the appendix.

Why:

The New Evangelization calls for a greater participation of the laity in the mission and *Nemo dat quod non habet!* **You can't give what you don't have.**

- Participants will gain a deeper understanding of the basic truths of the faith and how these truths impact daily life.
- The experience will help deepen the participant's personal relationship with Jesus Christ over the long term in the context of parish life
- Parish fellowship and sense of community will be enhanced as participants share with others in the program.
- Participants will gain confidence and skills as credible witnesses to talk practically about the faith with others and invite them into the life of Christ and His Church.
- Participants will begin to see the value of life-long adult catechesis and will experience excellent online learning.

When, Where, and How Much:

“A person who has given adherence to Jesus Christ by faith and is endeavoring to consolidate that faith by catechesis needs to live in communion with those who have taken the same step.”
(Catechesi Tradendae, 24)

- A four to six-week period depending on parish implementation
 - Week 1: Opening event at the parish (2.5 – 3 hours)
 - Weeks 2-5: Independent online learning and activities in partners or small groups in a setting agreed upon by the participants
 - Week 6: Closing event and celebration at the parish (2 hours)
 - Note: *“Living Catholic”* can be condensed to four weeks if the opening event is at the outset of week 1 and the closing concludes week 4
- The cost is \$10 per person for the four week online course. Parishes *may* opt to charge more to cover costs associated with the opening/closing events.
 - Payment can be made either by the individual or the parish
 - Scholarships are available from the Office for Catechesis

Key Terms

Catechesis: (Greek: “echo down” or “resound”) The totality of the Church’s efforts to make disciples, catechesis helps men and women to believe that Jesus Christ is the Son of God so that believing they might have life in his name, and to educate and instruct them in this life, thus building up the Body of Christ.

Discipleship: (Greek: “pupil” or “following a teacher”) The personal decision to follow Jesus Christ that leads to ongoing conversion and deepening commitment to Jesus.

Evangelization: The act of bringing the Good News of Jesus and the divine power of the Gospel into every human situation and inviting personal and societal conversion.

The New Evangelization: The invitation to rediscover Jesus Christ in a way that deepens the faith of both the evangelizer and the evangelized and gives them confidence to share their faith and the message of Jesus with others.

Living Catholic: A catechetical and formational experience that encourages participants to re-encounter the Gospel message and Jesus Christ, while sharing the basic truths of the faith and empowering them to share their faith with others.

Year of Faith (*Porta Fidei* – Door of Faith): A year proclaimed by Pope Benedict XVI, beginning October 11, 2012 – November 24, 2013 dedicated to foster renewed conversion to Jesus Christ and the re-discovery of faith so that members of the Church will be joy-filled witnesses to the risen Lord, capable of leading others to the joy of faith. You can read this document at:

http://www.vatican.va/holy_father/benedict_xvi/motu_proprio/documents/hf_ben-xvi_motu-proprio_20111011_porta-fidei_en.html

Kerygma: (Greek: “preaching” or “proclaiming”) In Christianity specifically, kerygma is proclaiming the Good News of what God has done for us and continues to do through the person of Jesus Christ.

Koinonia: (Greek: “association,” or “fellowship”) In the Christian tradition, this communion of the faithful reflects participation in, or sharing of the life of Christ and his Church. It results in both fellowship and solidarity and at the same time moves beyond the boundaries of the parish community.

Salvation History: The unfolding, in stages, of God’s saving action for the created and natural human order throughout history until the end of time. Salvation history is God’s initiative revealed in Scripture and Tradition, and accomplished through the Incarnation and saving deed of Jesus Christ.

Opening Event at Parish: “The Good News of Jesus Christ”

Initial Presentation of the Proclamation of the Gospel and the Call to Renewed Commitment to Christ

**“We are called to deepen our own appreciation of our faith,
renew our confidence in it’s truth and
be prepared to share it with others.”**

Cardinal Donald Wuerl, *Celebration of Freedom*, June 24, 2012

This outline is designed as a two and one-half to three-hour program: (adapt it as best fits your parish needs)

- *Possibly an evening but preferably Saturday morning or even Sunday afternoon, at the parish*
- *The room setup should be welcoming and warm and appropriate for adult formation, with refreshments*
- *Set-up for viewing introductory video, including sound system if necessary*
- *Participants should have name tags/name cards*

Welcome:

Introduction and overview of the course experience by leader (**15 minutes**)

- Leader introduces him/herself
 - Thank participants for taking this step to deepen their faith
 - This is important for us as individuals and for our parish because . . .
- Timeline and overview (see *Living Catholic, Each Week*, page 9)
 - Dates for accessing online sessions – include dates for your particular program
- Responsibilities
 - Regular prayer
 - Online learning
 - Working with partner or in small groups
 - Completion of weekly learning projects
- Leader shares one element of testimony – one way in which God has worked or had an impact in their life.
- Follow up testimony with why *Living Catholic: Foundations for the New Evangelization* is a gift. “I’m excited about this because...” (witness of leader is key in these last two elements)

Opening Prayer: (sung or spoken) (various versions are available on YouTube) (**5 minutes**)

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;

to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen

OR: Archdiocesan Prayer for the New Evangelization:

Gracious and loving God, in this Church of Washington
together with all the People of God,
you call us to manifest the one, holy, catholic and apostolic Church.
Through the Gospel and the Eucharist bring your people together in the Holy Spirit
and guide us with your grace so that we may truly renew the face of the earth.
Make us a sign of your love for all people,
and help us to bear witness to the living presence of Christ in the world,
who lives and reigns with you and the Holy Spirit, One God, for ever and ever. Amen.

Icebreaker: Introduce yourself to one other person and tell them the primary question you
would want to ask Jesus if he were standing here right now. **(10 minutes)**

Welcome

Reflecting on the Word of God: have participants volunteer to read aloud *Acts 2:1-8, 12-15, 22-24, 29-41; 17:22-34* **(30 minutes)**

In small groups of three or four:

Evangelism seems to have been part of the everyday life of the early Church. Pretend you are among those early Christians in the days after Pentecost who want to go out and tell people about Jesus.

- What would you say to people like those with whom Peter shared in Jerusalem who have only heard of Jesus as a rabble-rousing blasphemer who was put to death?
- What would you say to people like those to whom Paul spoke in Athens who were sophisticated, worldly, and had never heard of Jesus at all?

In small groups, ask people to volunteer to be the ones who do the witnessing and the ones who hear the witnessing. Decide where the encounter will take place – in the street, the marketplace, in someone's home. Give each group a few moments to prepare what they will say. In role playing, the participants may either role play the passages or draw from their own experience. However, you might encourage participants to use the passages from Acts as examples and models for sharing.

Large Group Discussion (15 minutes)

- Have a representative from each small group share a thought/insight from their small group activity with the larger group

Break/Refreshments

An Overview of Salvation History: (One hour)

Have enough newsprint on the walls to present a timeline of salvation history. Divide the following list of Scripture passages among those present. Allow time to find the passage and

read it silently. Present the story of salvation history by having the participants either read the passage aloud or summarize it (if it is long).

The facilitator adds the event to the timeline and very briefly puts them into the larger context.

Option: Have members of the group put the events in order on the timeline.

Genesis 1:1 – 2:3	Creation
Genesis 2:15–17, 3:1-24	Fall
Genesis 17:1-16	Covenant with Abraham
Exodus 2:23-3:14	Revelation to Moses
Exodus 19:1-8	Covenant with Israel
Exodus 20:1-17	Ten Commandments
2 Samuel 7:4-17	God’s promise to David
Isaiah 1:2-7, 16-20	Israel’s sinfulness and God’s grace
Jeremiah 31:31-34	Promise of a new covenant
Nehemiah 9:5b-31	Confession of sin and covenant renewal after the exile
Zechariah 9:9	Prophecy of the coming King (Palm Sunday)
Malachi 2:17-3:5	Coming of the Day of Judgment
Luke 4:14-21	Jesus and the Reign of God
John 19:23-30	Crucifixion and Death of Jesus
Matthew 28:1-10	Resurrection of Jesus
Matthew 28:16-20/Acts 1:8	Jesus’ command to evangelize the world
Acts 2:1-4, 14-41	Coming of the Holy Spirit
Acts 2:42-47	Fellowship of believers
Revelation 19:1-9; 21:1-7	The end of time, the triumph of Jesus, and the New Jerusalem

Present overview of the expectations of the participant (10 min)

- (optional: distribute *Living Catholic, Each Week*, page 9)
- Getting online – how to
 - Start by Tuesday so you have time to complete both online and shared components
 - The first session on the Creed is longer, plan accordingly
- The activities include individual prayer, some writing and sharing/talking with others in the program each week
 - The sharing activities are based upon weekly conversation with group members, family and friends depending on the weekly assignment
- Go through Week 1 Prayer and Action, using handout

Prayer Partner Selection or formation of small groups (10 min)

The program leader determines the best way for participants in the program to break into small groups. Attentiveness to this division will allow the participants to most effectively carry out the specific weekly exercises having to do with sharing faith and evangelization.

- Depending on the size of the larger group this may be pairs, threes, or a small group (no more than 6).
 - Once determined, this will be the prayer partner or cohort group for the duration of the program. Conversations can happen over the phone, at coffee or at a

scheduled small group session in a home or at the parish. Prayer partners are to be a source of prayer, conversation and spiritual support throughout this process.

*If using small groups please ensure each group has a designated and competent facilitator.

Give out the *Living Catholic* Wrist Bands

Introducing the wrist bands:

It is said that during the persecutions, Christians when meeting someone would draw an arc in the sand. If the other person drew another arc, creating a symbol of a fish, that person too, was a Christian. Such identification opened the door for communication between the two.

Today we do not face such persecution; however, we sometimes need an impetus to move us to talk with others about our faith. These green bands can open the door between you and fellow participants in the *Living Catholic* program.

Closing Prayer: (5 min)

Radiating Christ

Blessed John Henry Cardinal Newman

Dear Jesus, help us to spread your fragrance everywhere we go.

Flood our souls with your spirit and life.

Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours.

Shine through us, and be so in us, that every soul we come in contact with may feel your presence in our soul.

Let them look up and see no longer us but only Jesus!

Stay with us, and then we shall begin to shine as you shine;

so to shine as to be a light to others; the light, O Jesus,

will be all from you, none of it will be ours;

it will be you, shining on others through us.

Let us thus praise you in the way you love best by shining on those around us.

Let us preach you without preaching, not by words

but by our example, by the catching force, the

sympathetic influence of what we do,

the evident fullness of the love our hearts bear to you. Amen.

Living Catholic - Each Week

Living Catholic consists of self-directed online learning partnered with specific activities designed to enhance the online learning component and deepen your relationship with Christ and his people. You may spend as much time as you wish on the activities, but most people will find they need 1 to 1.5 hours a week in addition to the online course activities. Each week you will receive a handout that identifies the prayer and action activities designed to enrich the weekly online learning.

Each Week

- **Online Learning.** Modeled on the Catechism of the Catholic Church, each week you will complete an online learning module addressing one of the four pillars of our Catholic Faith:
 - Week 1: The Creed (this one is a bit longer, plan accordingly)
 - Week 2: The Sacraments
 - Week 3: Life in Christ
 - Week 4: Prayer
- **Prayer.** Prayer is an indispensable part of the program, and of our faith! Please pray every day using provided resources as a starting point.
- **Participation in the Sunday Eucharist.** The Eucharist is the source and summit of our Catholic faith; plus it's a chance to talk to others in the course experience!

The Catechism of the Catholic Church says:
The Eucharist is "the source and summit of the Christian life." The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.
- **Interaction.** Talk about what you are learning with others in the course including a prayer partner or small group. Talk about what you are learning with each other when you see each other at church before or after Mass. You can identify people in the course by the optional green *Living Catholic* wrist bands! We are brothers and sisters in Christ – get together with others and talk about what you are learning!
- **Evangelization.** Part of growing in faith is sharing our faith with others. Each week you are encouraged to have a conversation with one person about the faith and invite them to a parish event or liturgy. The weekly activities will provide guidance for getting started in these conversations.

"Pray as though everything depended on God. Work as though everything depended on you."
-St. Augustine

Week 1: The Creed - Prayer and Action

Prayer:

Each day this week take five minutes of quiet time to pray and reflect upon the Apostles' Creed (printable version in appendix). Make your own, the blessing the Church lovingly gives with the presentation of the Creed during catechumenal formation:

“My dear friends, listen carefully to the words of that faith by which you will be justified. The words are few, but the mysteries they contain are great. Receive them with a sincere heart and be faithful to them.” *Presentation of the Creed, period of Enlightenment.*

At least twice a week, pray for the needs of others. Ask God how you may be part of his wonderful plan for their lives. Use the prayer of St. Augustine, or a prayer of your choice.

Evening prayer of St. Augustine:

Watch, O Lord, with those who wake, or watch, or weep tonight,
and give your angels charge over those who sleep.
Tend your sick ones, O Lord Christ.
Rest your weary ones.
Bless your dying ones.
Soothe your suffering ones.
Pity your afflicted ones.
Shield your joyous ones.
And for all your love's sake. Amen.

Online Learning:

Complete Session of *Living Catholic*: The Creed, available online . You can go online once or many times, and work at your own pace and at any time. As this is the first online learning session, and it is a little longer, be sure to start early in the week.

Writing:

Just as God has worked in the history of his people, God has been at work in your personal history. Make a simple timeline of your life beginning with your birth. Write down the events in your life including births and deaths of family members, special celebrations of the sacraments, marriage, graduations, moving, and other events that are meaningful to you. Then record the times when God has particularly spoken to you, when you have felt close to him or when you have felt far from God.

Special Activity:

This week, attend at least one weekday Mass and/or go to Confession.

Evangelization:

- Begin to make a list of friends and family who are not close to Jesus Christ. This may be people who seldom attend Mass or the sacraments, have for some reason left the Catholic Church, people who are in other churches or religions but have shown an interest in Catholic Christianity, or people who seem to have no faith commitment at all. Pray for them.
- Share with one other person—perhaps someone from your list above—about your experience with Mass or confession last week. Perhaps a starter question: Was there something different about these sacramental moments in light of your online studies, prayer or reflection? How so?

Week 2: The Sacraments - Prayer and Action

Prayer:

In your prayer this week, read and pray on the passages from St. Paul's Letter to the Ephesians in the following handout.

Online Learning:

Complete Session 2 of *Living Catholic: The Sacraments*, available online. You can go online once or many times, and work at your own pace and at any time.

Evangelization:

If reaching out to our friends and neighbors was easy, we would all be doing it. But there are barriers we sense when we think about evangelizing. When Jesus sent his disciples out to evangelize, he sent them in twos for support and encouragement (Luke 10:1-2).

- This week meet with your prayer partner or in your small group to discuss what keeps you from evangelizing and brainstorm practical ways to invite someone to Mass or another parish event. Use the following handout.
- Did you notice anything different about the sacramental moments of this past week, in light of your online studies, prayer or reflection? How so?

HANDOUT Week 2: Prayer and Readings from Ephesians

St. Paul's Letter to the Ephesians is not limited to the community of Ephesus, but rather speaks to and about the worldwide church; the instrument through which we are to make known God's saving plan of love.

This week's prayer employs *Lectio Divina*, a form of meditative prayer used to read the Word of God and meditate upon it so that it becomes prayer. Print the passages from The Letter to the Ephesians (below), then read them prayerfully with a pen in hand. Underline any words and phrases that speak to us about who we are and circle any that tell us what we are to do.

- What statements about your identity do you find particularly compelling? Ask God to give you a deeper understanding and greater grasp of your identity as St. Paul describes it.
- How do St. Paul's instructions inform your sense of vocation? Pray that you would follow the Spirit's lead in living out that vocation.

“God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ (by grace you have been saved), raised us up with him, and seated us with him in the heavens in Christ Jesus, that in the ages to come he might show the immeasurable riches of his grace in his kindness to us in Christ Jesus. For by grace you have been saved through faith, and this is not from you; it is the gift of God; it is not from works, so no one may boast. For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.” (*Ephesians 2:4-10*)

“So then you are no longer strangers and sojourners, but you are fellow citizens with the holy ones and members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the capstone. Through him the whole structure is held together and grows into a temple sacred in the Lord; in him you also are being built together into a dwelling place of God in the Spirit.” (*Ephesians 2:10-22*)

“Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.” (*Ephesians 5:1-2*)

“Finally, draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all the flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the word of God.” (*Ephesians 6:10-17*)

More information about the ancient practice of *Lectio Divina* can be found at <http://www.usccb.org/prayer-and-worship/prayers/what-is-prayer.cfm>

HANDOUT Week 2: Discussion with Prayer Partner/Group

Discuss what fears or concerns you have about sharing your faith with another person, about talking about God (i.e. evangelizing).

Often two basic fears emerge: fear of rejection and fear of not knowing enough.

- **Rejection:** Jesus was rejected repeatedly. And so as followers of Jesus, we will probably be rejected as well. It is not a rejection of you personally but a rejection of the message of Jesus. Pray for those who reject the message and bring your rejection and hurt to Jesus on the cross.
- **Fear of not knowing enough:** Don't be afraid to say, "I don't know." Follow that up with a promise that you will find out the answer. That will give you the opportunity to learn more. Pray for them. Pray with them right then if they are open to it.

How do you begin to introduce your faith, your relationship with Jesus Christ and the Church with another person?

- What are the most important personal qualities to manifest?
- What are the best ways of showing loving care for your friends?
 - Have specific people from your list in mind as you practice.
 - How can the parish help you to evangelize? What do you need? Would materials help? Things such as a business card with parish information on one side and "Do you have a church home?" on the other, or refrigerator magnets with parish information on it to give out? Are there events that the parish might schedule in order to attract new people?

Spend a few minutes praying with your partner/group for confidence in the Holy Spirit's leading, for opportunities to evangelize, and for your friends and family who need the blessings God offers through Christ and his Church. Pray as you are moved, or use the following as a point of departure for your prayer:

O God, send forth your Holy Spirit into my heart that I may perceive, into my mind that I may remember, and into my soul that I may meditate. Inspire me to speak with piety, holiness, tenderness and mercy. Teach, guide and direct my thoughts and senses from beginning to end. May your grace ever help and correct me, and may I be strengthened now with wisdom from on high, for the sake of your infinite mercy. Amen.

– Saint Anthony of Padua

Remember: Jesus said, "Fear not," (*John 14:27*) and,
"I am with you always" (*Matthew 28:20*).

St. John reminds us, "Perfect love casts out all fear" (*1 John 4:18*).

Week 3: Life in Christ - Prayer and Action

Prayer

Each day this week reflect on one of the six statements in the following prayer handout from the document The Apostolate of Lay People (*Apostolicam Actuositatem*) from Vatican II.

Online Learning:

Complete Session 3 of *Living Catholic: Life in Christ*, available online. You can go online once or many times, and work at your own pace and at any time.

Special Activity

Celebrate the sacrament of reconciliation this week if at all possible

Evangelization

- Invite one person from your list of family, friends, neighbors, and co-workers to attend a parish event, liturgy, prayer, or Bible study.
- Talk with your partner or small group about your experience of inviting one person you know to a parish event or liturgy. What happened? How did you feel? What was the response?

"The nation doesn't simply need what we have. It needs what we are."
-St. Teresia Benedicta (Edith Stein)

HANDOUT Week 3: Prayer

Prayer this week will focus on excerpts from the Second Vatican Council document entitled *The Apostolate of Lay People (Apostolicam Actuositatem)*. The objective of *The Apostolate of Lay People* is found in the introductory remarks: “In this decree the Council seeks to describe the nature, character, and diversity of the lay apostolate, to state its basic principles, and to give pastoral directives for its more effective exercise.”

1. Each day this week reflect on one of the following six statements.

Day 1: “Jesus Christ, sent by the Father, is the source of the Church’s whole apostolate. Clearly, then, the fruitfulness of the apostolate of laypeople depends on their living union with Christ; as the Lord said himself: Whoever dwells in me and I in him bears much fruit, for separated from me you can do nothing.”

Day 2: “The Church was founded to spread the kingdom of Christ over all the earth for the glory of God the Father, to make all people partakers in redemption and salvation, and through them to establish the right relationship of the entire world to Christ.”

Day 3: “In the organism of a living body no member plays a purely passive part. Sharing in the life of the body it shares at the same time in its activity. The same is true for the Body of Christ, the Church. ‘The whole body achieves full growth in dependence on the full functioning of each part’. Between the members of this body there exists, further, such a unity and solidarity that a member who does not work at the growth of the body to the extent of his possibilities must be considered useless both to the Church and to himself.”

Day 4: “But the laity are made to share in the priestly, prophetic and kingly office of Christ. They have, therefore, in the Church and in the world, their own assignment in the mission of the whole people of God.”

Day 5: “In the concrete their apostolate is exercised when they work at the evangelization and sanctification of others.”

Day 6: “The apostolate is exercised too when laypeople endeavor to have the Gospel spirit permeate and improve the temporal order, going about it in a way that bears clear witness to Christ and helps forward the salvation of people. Laypeople are called by God to make of their apostolate, through the vigor of their Christian spirit, a leaven in the world.”

Keep in mind the following excerpt as a point of departure for reflection on how and where you are witnessing Christ to the world.

“However, an apostolate of this kind does not consist only in the witness of one’s way of life; a true apostle looks for opportunities to announce Christ by words addressed either to non-believers with a view to leading them to faith, or to the faithful with a view to instructing, strengthening, and encouraging them to a more fervent life.”

The complete text of *The Apostolate of Lay People* is available at http://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-ii_decree_19651118_apostolicam-actuositatem_en.html

Week 4: Prayer - Prayer and Action

Prayer

This week, using the handout provided, commit to using the *Ignatian Examen* each night before bed. The Examen is a method of prayerfully reflecting on the day in order to discern God's presence throughout the day and the direction he may be leading. More information about praying the Examen may be found here:

http://www.bc.edu/bc_org/prs/stign/ignatian_spirit.html. Or
<http://ignatianspirituality.com/ignatian-prayer/the-examen/>

Online Learning:

Complete Session 4 of *Living Catholic: Christian Prayer* available online. You can go online once or many times, and work at your own pace and at any time.

Writing:

Using your personal timeline from the first week along with other memories that come to mind, write a "testimony," specifically, a short description of an occasion when God touched you and/or used you to touch someone else. What were the circumstances? How did you feel? What change did it make in your relationship with God? The Church? The people around you?

Evangelization:

- Share your written testimony with your partner or in your small group and ask for feedback.
- Have a conversation with one person (not the same person as before) about your Catholic faith. Invite this person to a parish event or liturgy. Try to incorporate some element of your testimony into the conversation.

"Few souls understand what God would effect in them if they should give themselves entirely into his hands and allow his grace to act."

-St. Ignatius of Loyola

Handout Week 4: Prayer

The *Examen* traditionally has five steps:

1. Recall you are in the presence of God. No matter where you are, you are a creature in the midst of creation and the Creator who called you forth is concerned for you.
2. Give thanks to God for favors received. Pause and spend a moment looking at this day's gifts. Take stock of what you received and gave. Notice these clues that guide living.
3. Ask for awareness of the Holy Spirit's aid. Before you explore the mystery of the human heart, ask to receive the Holy Spirit so that you can look upon your actions and motives with honesty and patience. The Spirit gives a freedom to look upon yourself without condemnation and without complacency and thus be open to growth.
4. Now examine how you are living this day. Recalling the events of your day, explore the context of your actions. Review the day, hour-by-hour, searching for the internal events of your life. Look through the hours to see your interaction with what was before you. Ask what you were involved in and who you were with, and review your hopes and hesitations. What moved you to act the way you did?
5. Pray words of reconciliation and resolve. Having reviewed this day of your life, look upon yourself with compassion and see your need for God and try to realize God's manifestations of concern for you. Express sorrow for sin, give thanks for grace, and praise God for the times you responded in ways that allowed you to better see God's life.

Closing Celebration at Parish

Estimated time of two hours, with liturgy of the Word and celebration.

Opening Prayer and Song (10 minutes)

Song suggestions:

- Here I Am, Lord, Daniel Schutte
- City of God, Daniel Schutte
- Now We Remain, David Haas
- Anthem, Tom Conry
- This Little Light of Mine, Afro-American Spiritual

Pope John Paul II's Prayer for Catholic Evangelization

Loving God, you called each of us by name.

You gave your only Son to redeem us.

In your faithfulness you sent the Holy Spirit to complete the mission of Jesus among us.

Open our hearts to Jesus.

Give us the courage to speak his Name to those who are close to us,
and the generosity to share his love with those who are far away.

We pray that every person throughout the world
be invited to know and love Jesus as Savior and Redeemer.

May they come to know his all-surpassing love.

May that love transform every element of our society.

We make this prayer through our Lord, Jesus Christ, your Son,
who lives and reigns with you in the Holy Spirit, one God, forever and ever.

Amen.

Sharing in Pairs (15 minutes)

- Briefly share with the person next to you about your experience of online formation over the past weeks.
 - What new ideas and insights about your Catholic faith did you discover?
 - How has deepening your understanding of the faith encouraged you in your spiritual life?
 - How has it encouraged you in your role in your parish? What new steps have you taken or will you take?
 - How has it encouraged you in evangelism? What new steps have you taken or will you take?
 - What would you like your parish to do to continue your faith formation?

The Experience of Evangelization (30 Minutes)

- Two pre-selected volunteers engage in a conversation (one is the evangelizer and other person receiving the witness) in front of the group. Conversation includes testimony of God's work in evangelizer's life, and a specific invitation.

- Get into groups of three, preferably with people you don't know very well. Each of you will take a turn sharing the testimony you developed from your personal timeline as part of last week's homework.
 - After listening to each testimony, share with each other any observations and possible improvements.
 - How can you find opportunities to share your testimony more often?
- *As an option a parish group could decide to do a "speed witnessing" model in which each person shares testimony in 45 seconds and then moves to another person.*

Break

Next Steps for Parish (15 minutes)

Recall the words of Cardinal Wuerl:

“We are called to deepen our own appreciation of our faith,
renew our confidence in it's truth and
be prepared to share it with others.”

Cardinal Donald Wuerl, *Celebration of Freedom*, June 24, 2012

- What implications does the above call have in your life, particularly after participating in this process?
- Pastor presents next steps for parish, further learning opportunities, impact for mission of parish, etc. (See appendix for possible suggestions)
- Commitment to life-long learning and growth in the faith. Further opportunities for catechesis in the parish, through the Archdiocese, and online.
 - *Faith Foundations* – the next step in the process of life-long faith learning
 - Parish initiatives resulting from *Living Catholic* learning experience

Closing liturgy of the Word and Commissioning (20 minutes)

A reading from the Second Letter to St. Timothy (3:14-4:5)

But you, remain faithful to what you have learned and believed, because you know from whom you learned it and that from your infancy you have known [the] sacred scriptures, which are capable of giving you wisdom for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for refutation, for correction and for training in righteousness, so that one who belongs to God may be competent, equipped for every good work.

I charge you in the presence of God and of Christ Jesus, who will judge the living and the dead, and by his appearing and his kingly power: proclaim the word; be persistent whether it is convenient or inconvenient; convince, reprimand, encourage through all patience and teaching. For the time will come when people will not tolerate sound doctrine but, following their own desires and insatiable curiosity, will accumulate teachers and will stop listening to the truth and will be diverted to myths. But you, be self-possessed in all circumstances; put up with hardship; perform the work of an evangelist; fulfill your ministry.

The Word of the Lord.

Silent Reflection

Closing Prayer:

Lord Jesus, you made clear the mandate to “go and make disciples.” Strengthened in faith and nurtured by community, we go forth to live your call to discipleship with renewed vigor.

Graciously bestow the gifts of your Spirit: wisdom and understanding, counsel and strength, knowledge, piety and fear of the Lord, so that we may joyfully and steadfastly proclaim the truth of your love and bring about the Kingdom of God. We ask this through the same Christ our Lord. Amen.

Celebration / Social Event with Refreshments (20 minutes)

Appendix

Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth,

and in Jesus Christ,
his only Son, our Lord,
who was conceived by
the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again
from the dead;

he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Flyer Insert

And he asked them, "But who do you say that I am?" Peter said to him in reply, "You are the Messiah." (Mark 8:29)

But who do you say He is?

- ✓ **Is it difficult for you to express clear statements about your faith with others?**
- ✓ **Do you find yourself struggling to live out your faith?**
- ✓ **Do you find it hard to talk about the importance of faith and your relationship with Christ to others?**

This fall, give yourself the gift of a unique learning experience designed to help you deepen your faith, renew your confidence in its truth and share the beauty of this truth with others.

Living Catholic: Foundations for the New Evangelization

This learning experience is for all Catholics: parish leaders, staff, volunteers and parishioners. As we focus on deepening our relationship with Jesus Christ in the context of prayer and learning, we will grow in a common vision of what Catholics believe, what it means to live as a Catholic today, and how to be a joyful part of the New Evangelization.

Designed as a four (or six) week blended program, it consists of both online learning and shared community experiences. *Living Catholic* aims to bring about in participants, "such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others" (USCCB, *Go and Make Disciples*).

"We are witnesses. In the proclamation of the message of redemption, we have the words of everlasting life. We are a people alive in the Holy Spirit and we must be motivated by our eagerness to share that extraordinary gift with the next generation."

-Cardinal Donald Wuerl

We invite you to join us in this exciting journey of *Living Catholic* today. Go to (add)and click the *Living Catholic* icon to sign up.

Bulletin Insert Options:

Do you want to...

- **Enjoy a closer walk with the Lord?**
- **Be able to answer the honest questions of faith with people you care about?**
- **Effectively share the experience of fullness in your heart with your children and grandchildren?**
- **Learn to feel confident and comfortable about your Catholic faith?**
- **Know how and why the Catholic Church values the searching mind?**
- **Experience the deeper companionship and strength that comes from faith-sharing with other disciples?**
- **Enjoy the opportunity of making disciple-friendships in an environment where many people walk alone?**
- **Learn to hear the whispers of the Spirit in a world that shouts?**
- **Grow in your spiritual life which is about being in contact with God?**
- **Accept in your life a secure spiritual foundation, while respecting the insights and contributions of others?**

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-Cardinal Donald Wuerl

We invite you to join us in this exciting journey of *Living Catholic* today. Go to (add)and click the *Living Catholic* icon to sign up.

Bulletin Insert Options:

“The joy we experience compels us to share it with others. We are not only disciples, we are evangelists” - Cardinal Donald Wuerl. In order to grow in this vision, our parish is presenting *Living Catholic: Foundations for Evangelism*. This is a four-six week learning experience for Catholic leaders, staff and volunteers that draws participants closer to Jesus Christ, teaches the basic truths of the faith in order “To bring about... such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others” (USCCB, *Go and Make Disciples*). Sessions will be held _____. For more information, contact _____. Go to (Add) click on the *Living Catholic* icon to take this first step in becoming a life-long student of faith.

“Discover how the Spirit is leading you to evangelize...pray that God’s Holy Spirit will give Catholics in this nation the kind of faith needed to begin evangelizing seriously.” (USCCB: *Go and Make Disciples*). In order to grow in this vision, our parish is presenting *Living Catholic: Foundations for Evangelism*. This is a six-week learning experience for Catholic leaders, staff and volunteers that draws participants closer to Jesus Christ, teaches the basic truths of the faith in order “To bring about... such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others” (USCCB, *Go and Make Disciples*). Sessions will be held _____. For more information, contact _____. Go to (Add) click on the *Living Catholic* icon to take this first step in becoming a life-long student of faith.

Living Catholic: Foundations for the New Evangelization This archdiocesan-wide catechetical and evangelization initiative is for all Catholics: parish leaders, staff, volunteers and parishioners. As we focus on deepening our relationship with Jesus Christ in the context of prayer and learning, we will grow in a common vision of what Catholics believe, what it means to live as a Catholic today, and how to be a joyful part of the New Evangelization. *Living Catholic* aims to bring about in participants, “such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others” (USCCB, *Go and Make Disciples*). Sessions will be held _____. For more information, contact _____. Go to (Add), click on the *Living Catholic* icon to take this first step in becoming a life-long student of faith.

Do you feel like you need help in becoming a witness of Jesus in the world? Consider participating in *Living Catholic: Foundations for the New Evangelization*. As we focus on deepening our relationship with Jesus Christ in the context of prayer and learning, we will grow in a common vision of what Catholics believe, what it means to live as a Catholic today, and how to be a joyful part of the New Evangelization. Sessions will be held _____. For more information, contact _____. Go to (Add), click on the *Living Catholic* icon to take this first step in becoming a life-long student of faith.

Pulpit Announcements:

20th Sunday Ordinary Time (8/19/12), Pulpit Announcement: In today's second reading, we are challenged to "to understand what is the will of the Lord." Through *Living Catholic*, our parish has been given a unique opportunity to respond to this challenge. Please consider joining your fellow parishioners this fall in a program which includes both online learning and parish gatherings that can help us understand the will of the Lord in our lives. Go to (Add) and click the *Living Catholic* icon to sign up.

23rd Sunday Ordinary Time (9/9/12), Pulpit Announcement: In today's Gospel, the joy of the deaf man whose hearing was restored compelled him to proclaim Jesus to all he met. What stops us from sharing our faith so joyfully and generously? This fall, consider participating in our parish program, *Living Catholic*. This program draws participants closer to Jesus Christ, teaches the basic truths of the faith and helps prepare participants to share their faith with others. Go to (Add) and click the *Living Catholic* icon to sign up.

24th Sunday Ordinary Time (9/16/12), Pulpit Announcement: "Who do people say that I am?" Do you find it difficult to respond to Jesus' question? Consider participating in *Living Catholic: Foundations for the New Evangelization* with fellow parishioners this fall. As we focus on deepening our relationship with Jesus Christ in the context of prayer and learning, we will grow in a common vision of what Catholics believe, what it means to live as a Catholic today, and how to be a joyful part of the New Evangelization. Go to (Add) and click the *Living Catholic* icon to sign up. **

33rd Sunday Ordinary Time (11/12/12), Pulpit Announcement: Today, the psalmist reminds us that the Lord is our inheritance, and that he shows us the path of life. We are being given the opportunity to participate in a program that will help us grow in a common vision of what it means to live as a Catholic today. The *Living Catholic* program can help us focus on the path of life to which the Lord calls us. Please consider joining your fellow parishioners on this journey beginning the first Sunday of Advent. Go to (Add) and click the *Living Catholic* icon to sign up.

Solemnity of Christ the King (11/25/12), Pulpit Announcement: From today's Gospel, Jesus says: "Everyone who belongs to the truth listens to my voice." Today we must renew our confidence in this truth. We remind you that it is not too late to sign up for *Living Catholic*, a blended learning experience beginning next week. This Advent, make time to deepen your faith and your relationship with Christ through this dynamic new adult learning forum. Go to (Add) and click the *Living Catholic* icon to sign up.

***Living Catholic* flyer copy reflects the Gospel reading for 24th Sunday Ordinary time.

Parish Next Steps

Adapted from: *Go and Make Disciples: A National Plan and Strategy for Catholic Evangelization in the United States*

Possible Strategies:

- Additional online courses
- Review of the hospitality of our parishes
- Use of parochial schools and religious education programs for outreach and welcome for the whole family
- Study of the access and availability of our institutions to people (e.g., considering event times, lighting, and signs and posters), particularly with regard to ways to welcome those with disabilities (e.g., having ramps into churches, adequate sound systems, and signing for the hearing impaired)
- Faith-sharing groups
- Training on discerning religious experience and articulating it
- Development of a greater ability to listen and empathize
- Encouragement of converts to share their stories of faith
- Programs to support parents as the primary sharers of faith with their children
- Family outreach to other families to experience the Good News of Jesus
- Training programs for families, individually or in support groups, on more effective methods of sharing the Gospel
- Fostering of regular family prayer and share time
- Renewal days
- Witness training
- Training of Catholics for one-to-one evangelization
- Use of baptismal and sacramental preparation to expand understandings of discipleship
- Modeling and witness from those involved in the Rite of Christian Initiation of Adults;
- Evangelization components in religious education materials
- Parish missions
- Special ministry to young adults in parishes and college campuses
- Involvement of youth and families in ministries of faith and service to others
- Workshops and support groups for those involved in evangelization in a more explicit way
- Involvement in and service to the neighborhood
- Development of neighborhood, parish, and local events to which people would be specially invited (e.g., open houses, open forums for airing questions and issues, events for friends or extended families, or other programs of welcoming)
- Greater sensitivity to the needs of the seeker
- Renewed celebration of the Sacrament of Reconciliation
- Programs for the divorced and separated and for those who feel alienated from the Church
- Formation of innovative methods of inquiry in the period before the catechumenate
- Programs of hospitality and welcome, at the local church or in homes
- Serious review of diocesan policies about parish organization, leadership, and empowerment to ensure that newcomers to our land have a place in the Church

For a comprehensive list of strategies see *Go and Make Disciples: A National Plan and Strategy for Catholic Evangelization in the United States* or online at

<http://old.usccb.org/evangelization/goandmake/eng.shtml>