

TOGETHER - Week 4 Guide

Opening Prayer: Share a short prayer, reflection or spontaneous prayer.

Introductions: Take one minute to grab a special photograph. Share your name and tell us the story behind the picture.

Check In: Helping Others in Need

A. Review How-to's Using Google Meet Platform

Confidentiality

Camera

Mute/Unmute

Contribute & Encourage

Connect

B. Introduce PMS Discussion

How are you feeling PHYSICALLY, MENTALLY, SPIRITUALLY?

C. Follow Up ?

How can you overcome anxiety or negativity to pave a way for progress over perfection? Is there a simple way that you can reach out and help another in need?

If you could make a goal in one of these areas this week, what could it be?

Inspiration from the Saints: Share the reflection materials from the great Saint of our faith by using the following "lectio" inspired process to reflect as a group.

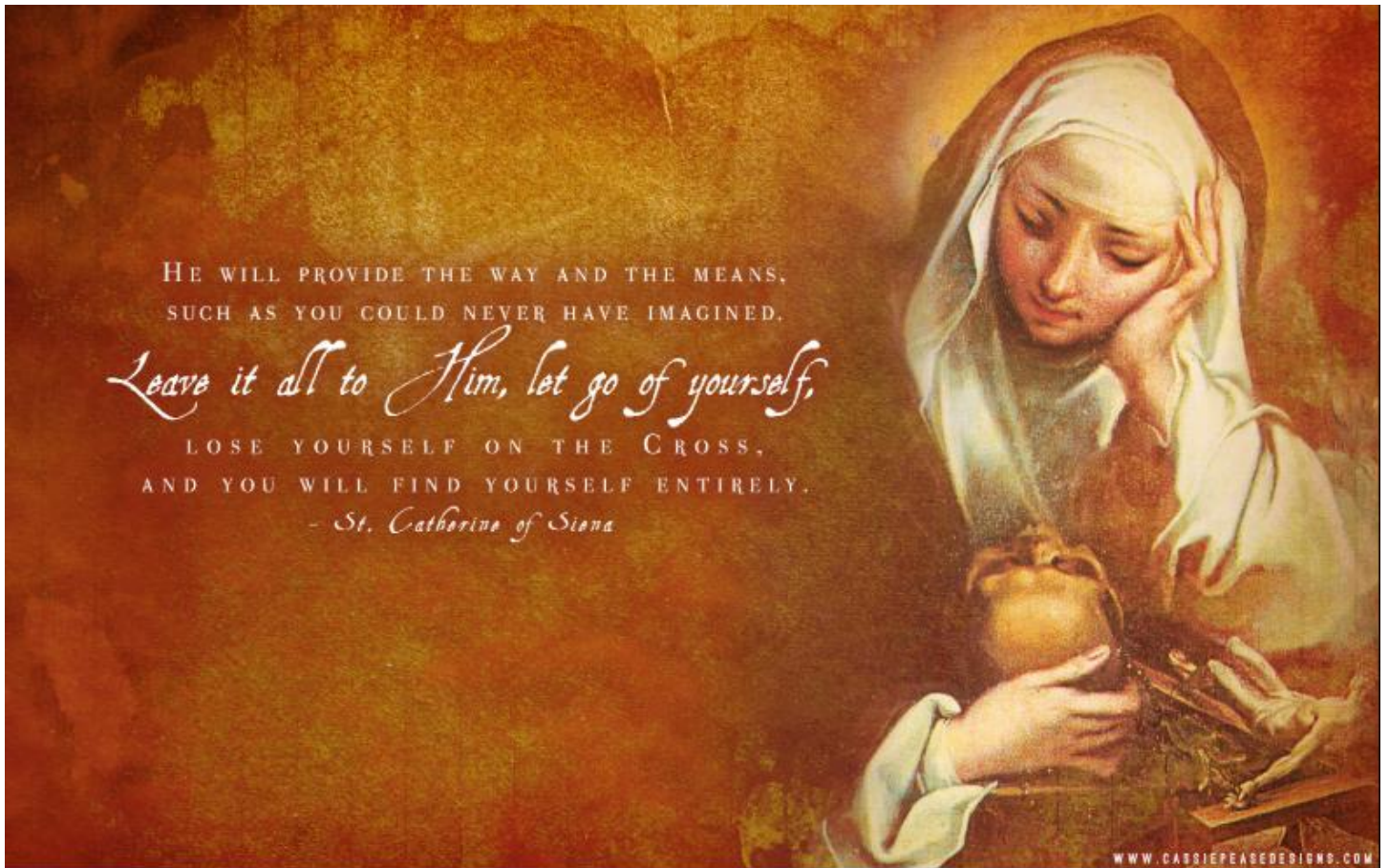
First, read the information on the first page to introduce the Saint's story. Together, read and reflect on the quotes provided. Invite everyone to listen for a word or phrase from this Saint that may inspire them at this time.

Second, share these words and phrases with one another.

Third, reflect and share how Jesus might be speaking to you through this reflection

Intercessory Prayer: Invite everyone to share prayer together. Open the floor for everyone to take turns sharing (no need to popcorn! Just unmute and share!) and give it a good 30-50 seconds before you wrap everything up. The delays with muting/unmuting can take a little more time than in-person prayers. Close with the Weekly Saint Prayer provided or another prayer of your choice.

TOGETHER Week 4 Reflection



Saint Catherine of Siena

Conquer with the weapons of gentleness, love, and peace, rather than harshness and war.

Catherine's great dream was to consecrate herself to God, but she had to convince her parents first: to show them her commitment, she cut off her long hair! Her parents gave in, and Catherine was allowed to become a Dominican. She went about visiting and caring for the poor and the sick. She learned to read and many other things. But for Catherine, contemplating Jesus was better than any book! She believed we must allow Jesus to settle in our hearts and though welcoming him into a room; that is how to become an "other Christ." She became known everywhere for her love of Jesus. During the final years of the Middle Ages, many cities were at war against the pope, who fled to Avignon, France, for refuge. Wishing to restore peace, Catherine wrote to the great lords and sought out the pope to bring him back to Rome. Until her death, she traveled and wrote to safeguard the unity of the Church. For her great wisdom she had been named a Doctor of the Church.

Saint Catherine watches over the pope, the Church, and leaders of all countries, that they may protect peace. May peace begin first within your own heart and in your family. Catherine can help you to love -- even your enemies--just as Jesus loved us.

Quotes For Discussion

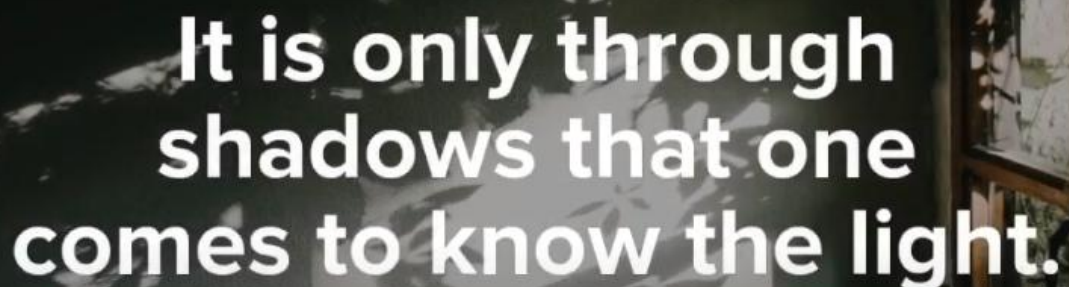
“Be who God meant you to be and you will set the world on fire.”

“All the way to heaven is heaven, because Jesus said, “I am the way.”

**Love transforms one
into what one loves.**

“These tiny ants have proceeded from His thought just as much as I, it caused Him just as much trouble to create the angels as these animals and the flowers on the trees.”

“The soul is in God and God in the soul, just as the fish is in the sea and the sea in the fish.”



**It is only through
shadows that one
comes to know the light.**



Prayer

O might of the Father, come to my aid!
Wisdom of the Son, enlighten my mind!
Sweet goodness of the Holy Spirit, burn within me!
My God, unite my heart with yours.

O eternal Father, I believe in your almighty power,
capable of rescuing the Church and delivering us from evil.

I believe in the wisdom of your Son,
which can enlighten my mind and that of your people
to help us to discern light from darkness.

I believe in the sweet goodness of your Holy Spirit,
whose fire can set my heart ablaze with charity.

Lord, establish peace in the world,
keep your Church united in love.
Come, Lord, never let my love for you slumber.
Amen.

(Based on a prayer of Saint Catherine to the Trinity)