

Become One Body One Spirit In Christ - A Lenten Program

Judith Foster sgs: Diocese of Townsville December 2010

This Lenten program is based around the DVD Become One Body One Spirit in Christ.

One selected excerpt is used each week, along with a Lenten collect and a reading from The Easter Triduum.

To run the program you will need:

- ◆ DVD
- ◆ Computer to play DVD
- ◆ Speakers for audio
- ◆ Data projector for size of group
- ◆ Screen or blank wall
- ◆ To practice the session beforehand to be able to stop DVD at set times on timer
- ◆ Bible with marked readings
- ◆ To choose a hymn or chant to accompany the series, preferably with a Lenten flavour
- ◆ Most segments have optional reading material on DVD
- ◆ You may wish to print this material each week.



Become One Body One Spirit in Christ—DVD

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Week 1

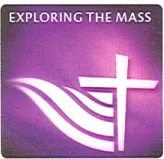
Choose an appropriate Lenten hymn or chant known to your community.
Use opening collect from Thursday after Ash Wednesday

Let us pray.

Prompt our actions with your inspiration, we pray, O Lord,
and further them with your constant help,
that all we do may always begin from you
and by you be brought to completion.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen



EXPLORING THE MASS

4.19 minutes: Video Bank :Exploring the Mass: Introduction

Suggestion: play it right through once, then replay in sections broken up with discussion questions.

1.06 minutes (Stop after section on Holy Week as 'new experience of dying and rising.')

Is this your experience of Holy Week?

2.05 minutes (Stop after comment: 'wondrous exchange of Christ pouring himself out so that his life courses in our veins.')

Is this your experience of Eucharist – the life of Christ moving in your whole being?

1.08 minutes (Play to end)

Do you see Eucharist as the whole church present?

What are you handing on each time you 'gather and go'?

Reading from John 19:31-37 (Good Friday)

Time for silent reflection.

Intercessory prayer from group.

Conclude with Our Father

Week 2

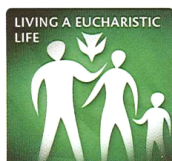
Choose an appropriate Lenten hymn or chant known to your community.
Use opening collect from Friday week 1

Let us pray.

Grant that your faithful, O Lord, we pray,
may be so conformed to the paschal observances,
that the bodily discipline now solemnly begun
may bear fruit in the souls of all.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit, one God, for
ever and ever.

Amen.



LIVING A EUCHARISTIC LIFE

3.45 Video Bank: *Living a Eucharistic Life: Introduction*

Suggestion: play it right through once, then replay in sections broken up with discussion questions.

40 seconds (Stop after discussion on spirituality of pray, believe, live)
How does what we pray and believe flow through into the spirituality of our daily lives?

52 seconds (Stop after 'strong sense of being sent to make disciples.')

Do you have a strong sense of being sent to make disciples, to bring God to the needs of the people around you?

49 seconds (Stop after 'dealing with suffering.')

How do I deal with suffering in my life and relating to others who are suffering?

1.25 minutes (Play to end of section)

How does the prayer of Eucharist shape our belief and thus our lives?

Reading: 1 Corinthians 11:23-26 (last supper – Holy Thursday)

Time for silent reflection.

Intercessory prayer from group.

Conclude with Our Father

Week 3

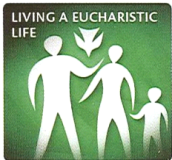
Choose an appropriate Lenten hymn or chant known to your community.
Use opening collect from week 2 Thursday

Let us pray.

O God, who delight in innocence and restore it,
direct the hearts of your servants to yourself,
that, caught up in the fire of your Spirit,
we may be found steadfast in faith
and effective in works.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen



LIVING A EUCHARISTIC LIFE

2.15 Video bank: *Living a Eucharistic Life: The Dismissal*

Suggestion: play it right through once,
then replay in sections broken up with discussion questions.

50 seconds (Stop after 'dismissal with a purpose telling us to do something.')

What do these new dismissals tell us?

1.25 minutes (Play to end of section)

On Ash Wednesday each of us was called to live the gospel, to be on mission.

How do you see the dismissal? Do you stay to be dismissed for mission?

Matthew 28:1-10 reading from Easter Vigil.

Time for silent reflection.

Intercessory prayer from group.

Conclude with Our Father

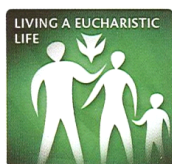
Week 4

Choose an appropriate Lenten hymn or chant known to your community.
Use opening collect from week 4 Thursday

Let us pray.

We invoke your mercy in humble prayer, O Lord,
that you may cause us, your servants,
corrected by penance and schooled by good works,
to persevere sincerely in your commands
and come safely to the paschal festivities.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen



LIVING A EUCHARISTIC LIFE

4.23 video bank: *Living a Eucharistic Life: What we pray and believe shapes how we live.*

Suggestion: Play it right through once, then replay in sections broken up with discussion questions.

1.45 minutes (Stop after 'the answer again and again is the liturgy.')

What tools and resources do you receive from the liturgy to deal with life?

15 seconds (Stop after 'not in isolation.')

Do you understand the Mass as the action of the community?

44 seconds (stop after 'leading Eucharistic lives')

Is the Eucharist the heartbeat at the centre of our lives?

What does it mean for you to live a Eucharistic life?

1.30 minutes (Play to end)

How do you wear your baptism?

How will we be the body of Christ in the world this week?

What will the renewal of the baptismal promises mean for you at the Easter Vigil?

Reading from Holy Thursday gospel - washing of the feet

Time for silent reflection.

Intercessory prayer from group.

Conclude with Our Father

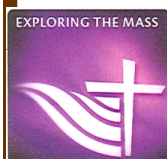
Week 5

Choose an appropriate Lenten hymn or chant known to your community.
Use opening collect from Easter Vigil: collect 6 (after Baruch reading)

Let us pray.

O God, who constantly increase your Church
by your call to the nations,
graciously grant
to those you wash clean in the waters of Baptism
the assurance of your unfailing protection.
Through Christ our Lord.

Amen



EXPLORING THE MASS

2.16: Video Bank: Exploring the Mass: Sacred Signs.

Suggestion: Play it right through once, then replay in sections broken up with discussion questions.

1.2 minutes (Play to 'that's why we use water in baptism ... it's a sacred sign.')

How have you experienced the power of baptismal water for illumination?
How could this sacred use affect your everyday appreciation?

46 seconds (Play to 'signs out of the world used as sacred signs in the liturgy.')

Is the celebration of the Eucharist nourishing food for your journey?

25.6 seconds (Play to end)

Have you been touched by the power of the Easter candle being lit in the darkness from the new fire at the Easter vigil?

How does this help us to enter into the light of Christ as we renew our Baptismal promises?

Reading: Romans 6:3-11 (Easter Vigil)

Time for silent reflection.

Intercessory prayer from group.

Conclude with Our Father