

Ministry of Mothers Sharing

...empowering women from the inside out for the transformation of society.



Welcome Gathering

The purpose of this gathering is to provide an opportunity for women to experience the Benedictine value of Hospitality along with a brief encounter with the structure of *Ministry of Mothers Sharing*.

St. Benedict said, *'All guests who present themselves are to be welcomed as Christ.'*

"I was a stranger and you welcomed me" Matthew 25:35



Ministry of Mothers Sharing

An outreach ministry of the Sisters of St. Benedict of St. Paul's Monastery



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Ministry of Mothers Sharing Welcome Gathering

- Team:** Three facilitators host the welcome gathering.
Additional guests can include prayer partners, staff liaison, and core team leaders.
- Goals:** Welcome participants and get to know each other.
Provide a *Ministry of Mothers Sharing* gathering and prayer experience.
Distribute Personal Journals and *Called & Gifted for the Third Millennium* Packet
- Objectives:** To build a sense of trust and acceptance in the group.
To introduce and invite women to experience:
- Sharing with the group or through a prayer petition
 - Reflecting on feelings of gratitude
 - Quiet reflective time
 - The concept of letting go and letting God guide each woman to explore & grow
 - Time during the day to pray, read, and journal
 - Different prayer rituals to share with family
- Process:** *Hospitality:* Team provides a warm, welcoming environment that will be used throughout all the sessions.
Group Expectations: Team helps participants feel at ease by the experience, group learning process enhanced by the personal journal, prayer and sharing.
Session Experience: The participants will experience how a session flows including prayers, presentations, sharing, and reflection.
- Content:** Facilitators: Introduce facilitating team and roles.
Introduce any guests and their role with *Ministry of Mothers Sharing*.
Ministry: Introduce the format of each session and Group Expectations, Personal Journals, and *Called & Gifted* Packet.
Participants: Bring participants into the small group experience.
- Environment:** Room is set up in the same format as each session:
- Chairs in a circle; prayer table in the middle with Christ candle
 - Appropriate soft music for reflection purpose (instrumental)
 - Appropriate lighting to entice slowing down
 - DVD player to present *Ministry of Mothers Sharing*
- Timetable:** 90 minutes total
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|---------|---------------|--|
| P/GA/PL | 5 minutes | Welcome |
| P | 5 minutes | What is <i>Ministry of Mothers Sharing</i> ? |
| PL | 10 minutes | Opening Prayer |
| GA | 10 minutes | Introductions: Facilitator Team |
| P | 15 minutes | Introductions: Participants |
| PL | 20 minutes | DVD presentation |
| P/GA/PL | 10 minutes | <i>Ministry</i> Outline |
| GA | 3 minutes | Next week |
| PL | 12 minutes | Closing Prayer |
| P/GA/PL | Discretionary | Social time, snack, and refreshments |

Ministry of Mothers Sharing
Welcome Gathering

Welcome 5 minutes P/GA/PL	Each team member introduces herself and tells how she felt and what she received or how she was enlightened by her journey. Also shares her hopes for the participants' experience as well as her own.
What is <i>Ministry of Mothers Sharing</i>? 5 minutes P	<p>Mother Theresa stated, "Think globally, and act locally." <i>Ministry of Mother Sharing</i> is about empowering women from the inside out. Through an eight week journey or process, each of us will discover the beauty of God within and around us. We will discover ways to identify God, praise God, and share God with others.</p> <p><i>Ministry of Mother Sharing</i> is an outreach ministry of the Sisters of St. Benedict at St. Paul Monastery in St Paul, MN. They are supportive of you as a woman/mother and the experience you will have over the next eight weeks. The Sisters pray daily for participants of <i>Ministry of Mothers Sharing</i> across the country.</p> <p>Each week builds upon the next, so being here for every session is vital for you and the group. Each week we will begin and end with prayer. Let us begin our time now with prayer.</p>
Opening Prayer 10 minutes PL	<p><i>'Journey'</i></p> <p>All are sitting. Ask them to rest their feet flat on the floor, their hands in their laps and their eyes closed. Allow a minute or two to pass while listening to quiet music, allowing calm to flow through the group.</p> <p>PL reads the poem slowly, pauses, then invites those present to share, if comfortable, what word or phrase touched them.</p>
Introductions 10 minutes GA	<p>Facilitating Team</p> <p>Using your own words, explain the following key points: Three roles and the responsibilities of each to the group. We are part of the group sharing and growing with you. We manage the group in order to provide time and space for your sharing and growing. We may need to move the group along. We are here if there is a specific needs; we are not counselors, spiritual directors or teachers. This is not a support group or a theology class.</p> <p>Guests</p> <p>Introduce Prayer Partners and any other guests, as well as a brief description of their role with <i>Ministry of Mothers Sharing</i>. Note they will meet their prayer partner at the end of our time.</p>
15 minutes P	<p>Participants</p> <p>Let us get to know each other. Turn to your neighbor and tell her about yourself. (Encourage the participants to share core information about family as well as why they are here). We will give you 3 minutes each to listen to your new neighbor tell about herself, then reverse. Then we will go around the room meeting each other. Be prepared, as you will be introducing your new neighbor to the group.</p>

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DVD Presentation

20 minutes

PL

Now, let's take about twenty minutes to watch a DVD produced by the Sisters of St Benedict and co-founder, Sr. Paula Hagen. This DVD will introduce you to the concepts of this journey. After the DVD, invite the group to share any thoughts.

Ministry Outline

5 minutes

P/GA/PL

Hand out Personal Journals and introduce the following concepts:

What the journal is and why journaling is an important way to share and own our thoughts.

Attendance

Distribute *What to Expect* and *Group Covenant*. Ask women to take turns reading *What to Expect*.

Introduce *Called & Gifted for the Third Millennium* as part of the readings and experience of this journey.

Session 7 – 'Discernment of Gifts' - we will explore *Called & Gifted* in our lives.

Prayer slips and prayer partners

Session 8 is our *Celebration* (give date, location and other details)

Behind the scenes is the Core Team, offer brief information

Any questions?

Next Week

3 minutes

GA

Session 1 – *Self Awareness and Self Acceptance*

Read in the journal pages 1-17 and reflect on all the questions.

Bring your journal each week.

Share the plan for snack (provided, signup sheet to take turns)

Talk about what a prayer partner is (if you have not already done so).

We will be here for a few minutes after for any other questions, etc.

Closing Prayer

12 minutes

PL

'Called to Become'

All stand around the prayer table. Play soft reflective music.

Say: We understand that prayer is an intimate experience. You are always welcome to share your prayer or pass. We will go around the circle.

The process will be: I will begin with prayer of thanks. Then I will squeeze (person's name) to signal I am done. She can state her prayer either aloud or silently. When she is done she will squeeze the hand of the next person.

Please turn to page 7 of your Personal Journal and join me in reading the Psalm.

Allow for a quiet moment, and then ask them to think of something they are thankful for right now.

Now join hands and begin our closing prayer, remember you may pass.

Prayer Leader closes with 'Amen'.

We enjoyed meeting each other and will see you next week.

Journey

*I find myself in great awe
when I take a moment to see the beauty
that is abundant around me.*

*However, often I feel so overwhelmed,
Confused by the complexity of this role –
Motherhood*

*Dear Lord,
Why am I sitting here, in this group?
What is motherhood as you see it, Lord?
What is Patience? Grace? Ministry?
What am I doing for the children you have bestowed in my care?
Where are you, Lord, in my motherhood?*

My questions are many and I feel the answers are few.

*I am not sure why I am here with these women
on this 'journey' as it is called.
However, I will trust that you, Lord, are leading me
to the answers of the questions
that are in my heart.*

*I pray to see you, Lord,
Learn to lean on you, Lord,
and see the glory in this ministry of motherhood
as I journey and discover along
with each of these women.*

Amen.