

## *Caring for Ourselves in a Stressful World*

### Workshop

Welcome and opening prayer

#### Guest speaker

Mental health worker, nutritionist, nurse or nurse practitioner with experience in spiritual and emotional wellness

#### Small group questions

1. Who in this group can help develop emotional and spiritual wellness?
2. Who are some people in the area who can help promote emotional and spiritual wellness?
3. How can positive support be provided to members and other parishioners?
4. What is the greatest need of members?
5. What program(s) could we begin at the present time?

(over)

## Follow-up

1. In a large group, discuss what was shared. Prioritize the perceived needs and suggested programs.
2. What will be the plan of action? Where and when will the council start? Ask for volunteers to lead each program. Set a deadline to report on the progress. Set another deadline to evaluate what has taken place. Is it time to continue the program, refine it, or scrap it and start another one?

## *Palliative Care*

### Workshop

Welcome and opening prayer

Guest speaker

A person trained in palliative care

### Small group questions

1. Share personal stories of palliative care or the death of a loved one.
2. What did you learn today which really touched you?

### Follow-up

1. In the large group, discuss what was shared.
2. What can be done by the council? Do members support palliative care in prayer? Is there a palliative group in the area? If not, what can be done to advocate for one? If there is, do they need more volunteers? Do the volunteers need a ride to the facility?

(over)

How is a volunteer trained? Do they have enough funding? How can the council help with fundraising if it is necessary? Are there any other needs or suggestions? (Allow time to discuss what action will be initiated.) Set priorities, action, dates, and a time for evaluation.

## *Illiteracy*

### Workshop

#### Leader

Today, we are going to take some time to consider the problem of illiteracy, how we can become more aware of and reach out to those who are illiterate. We will begin with a simple exercise. Close your eyes and think about a day in your life. Think of all the times you needed to use reading or writing skills. How could you go through a day not being able to read or write?

#### Group sharing

#### Reader

Read *Read me this book, Sir, please.* (\*on card 4)

#### Questions

1. What would it be like to be this person?
2. Do you know someone who needs to be guided "to freedom from illiteracy"?

(over)

3. What can members of this council do to promote literacy?
4. What concrete action can be initiated?
5. Who will work on this action? What will be done? When will it start?

Illiteracy is a person who looks in the mirror in the morning and sees no face, shame sets in, denial takes over, and sends him into the down-and-out spin of depression. He hangs his head, makes up excuses. Imagine thousands and thousands every day of the year who look in a book to see only thick black ink lines, spaces, words, white pages that have no meaning. Thousands with no purpose to their being.

A child confronts him: "Read me this book, Sir, please." He is lost for words; he stumbles and mumbles. He grasps the child's hand, leads her to the toy box. He sits back in his chair, squeezes the book, buckling the cover; can't handle it any more, decides to take a step in the right direction. He remembers the newscast of the previous night before about this place, the Learners' Place. Unsure, nervous, afraid of failing, he walks in, butterflies in his stomach, speaks low, sees nothing around him, and like a small boy on his first day of school, takes the application form.

The name is okay, the street address is okay, and social security number. But how to write the name of the city, the name of the province? He is about to leave when he hears a whisper: "Read me this book, Sir, please."

(over)

He doesn't waste his time, busy tutors buzz around like bees, teaching the sound and power of words. He reads wonderful stories and poems. Oh thee, Dictionary, a book with many marvelous words to guide his Learning: like desire, he finds its meaning in the book, something desired, to achieve his or her heart's desire. To be a writer of words, you must have the true knowledge of the Words. People gaze in awe, find themselves intertwined as one in the stories of fiction. The wonder of the universe, words amaze, guide us in the world to freedom from illiteracy.

[\* *Read me this book, Sir, please*, DERRICK TIZARD in *Voices of Canadian Literacy* ISBN 0-9689335-0-5 "Permission to reproduce the text for the purpose of instruction is granted."]