

Words of Peace and Hope

Workshop

Materials needed

Write the words found on the reverse side on pieces of paper. Make duplicates so there is at least one for each person. Place the cards face down around a candle in the centre of the group.

Welcome and opening prayer

Introduction

Invite each woman to pick up a card.

Small group questions

1. Can you be a woman of peace and hope? What does it mean to you?
2. How is the word you chose challenging in our world today? How does it challenge you?

(over)

3. How can the word you chose be incorporated into your actions to reflect peace and hope?

Follow-up

Invite participants to share one insight or hope from this exercise. How was this word uniquely meant for them? Participants take their card home and place it in a spot where they will see it regularly such as their refrigerator, computer screen or bathroom mirror. It will act as a reminder to incorporate it into their lives and actions.

LOVE

PALLIATIVE

COMPASSION

REFUGEE

HUMILITY

IMMIGRANT

JUSTICE

STRANGER

TRUST

FRIEND

MERCY

Palliative Care

Activities

1. Be mindful of those who are grieving; a friendly phone call, card or visit may help ease the loneliness and sadness felt by those who have lost a loved one.
2. Be sure the council forms honour guards for deceased members.



*Welcome, friend!*Activities

1. Host an "International Fair" at one of your meetings, inviting women from the parish and community who have come from foreign countries to bring items depicting their culture (clothing, food, jewelry, crafts). Each participant could talk about her homeland.
2. Have an evening of prayer where different countries are represented. Invite immigrant women to lead and participate in prayer. Pray for their families in their homeland.
3. If the spiritual advisor or parish priest is foreign to Canada, he may not be accustomed to the League. Spend time acquainting him with the Mission Statement and objectives. Perhaps he can then help to encourage immigrant women to become involved.

