

Affirming Workshop

Who? What? Why? How? When?

Opening Prayer

Be still within and without. Let us place ourselves in the presence of the Lord. God is here with us now. Let us pray together:

Father, Creator God, who formed us in your image and gifted us; Jesus, Saviour God, who came and walked with us and shows the way; Holy Spirit who inspires us and gives us the courage to be all that we can be; we ask that You bless us today as we come together, to prayerfully discern our giftedness.

Open our hearts to your invitation to use these gifts as we continue to journey as members of The Catholic Women's League of Canada, in the service of God and of all God's people.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen

Who are we...Who are you?

- introductions: personal, family, community, CWL
- affirm years of membership/service
- share something new about yourself with your neighbour (we are all the "People of God")

Fruits of the Spirit activity

Consider the following fruits of the Spirit and think of someone in your council who they best describe. Write down the fruit, then write the name of a member who best corresponds with that gift. **Then share with your neighbour.**

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|--------------------|----------------------------|-------------|--------------------|---------|
| a. Loving | b. Joyful | c. Peaceful | d. Patient | e. Kind |
| f. Gentle and good | g. Faithful (and reliable) | h. Humble | i. Self-controlled | |

What are we supposed to be doing? (as League members: refer to the Objects)

- Look at each object in turn.
- Choose the one closest to your heart at this moment in time.
- What are you doing about it? **Share with your neighbour.**

Why do we do what we do?

- As People of God, our mission is from Christ: "Do this in memory of me."
- Consider our Mission Statement: which gospel value best characterizes your parish council?

How do we do what we are called upon to do?

- Consider the phrase "random acts of kindness." These are not ones we pick and choose, but rather those that come our way, out of the blue, randomly...
- In the last week, or month, think of one or maybe even two random acts of kindness **you** performed. What effect did it have on the person you helped... on yourself? What about your council?

When are we supposed to be loving, joyful, peaceful, patient, kind, gentle and good, faithful and reliable, humble, and self-controlled? All the time... at least we're supposed to try!

Closing Prayer (*extend your hand and pray the blessing over each other*)

May you be blessed with a spirit of gentleness, a heart that is tender.

May you be blessed with a spirit of strength, shining within you.

May you be blessed with a spirit of compassion, a fervent caring.

May you be blessed with a spirit of compassion, understanding and respect.

May the earth hold you.

May the wind lift you ever up.

May the fire draw and warm you.

May the water quench and soothe your soul.

May God bless you with a spirit of wonder and joy. Amen