

# Developing a Spirituality of Service

## Purpose

Spirituality is basically who we are before God, others and all creation. What then, is a spirituality of service? This short course was developed in response to a need expressed at the 2017 Archdiocesan Synod. Exploring a spirituality of service will enable participants to appreciate that their call to holiness as explained by Pope Francis in *Gaudete et Exsultate* is constantly being lived out in their ordinary, everyday lives and activities as parents, spouses, grandparents, care-givers, employers/ees, coaches, team members, environmentalists, professionals, walkers/joggers, volunteers, parishioners, retirees, etc.

## Course Outcomes

Participants will be helped to:

1. Define spirituality and identify elements of their own spirituality.
2. Recognise the key elements of Christian spirituality and that there are many kinds of Christian spirituality, e.g., Franciscan spirituality, married life spirituality.
3. Explore and develop different ways of praying and reflective practices.
4. Explore the call to holiness in *Gaudete et Exsultate*.
5. Understand the connection between Eucharist and everyday life.
6. Identify and deepen their understanding of and responsibilities towards those who are on the peripheries of society and those who are on the peripheries of the Catholic community.
7. Describe and explain their spirituality of service.

## Structure

- Each of the six 1 1/2hour sessions tries to balance the head, heart and hands dimensions, i.e., information, formation and transformation (action).
- The information is mainly provided in short video presentations.
- There is time for individual reflection and small group activity and discussion.
- One or two worksheets are provided for most sessions.
- A list of resources to explore each topic further is provided.
- Participants are encouraged to do 'homework' between the sessions.
- Participants are encouraged to commit to a concrete action in the light of each session..
- Those who wish to, may use the material in their own homes
- The Synod priority (1e) for a 'preferential option for the peripheries' throughout the Archdiocese provides the practical context for the course.

## Topics

### Starting Out

#### Session 1

Spirituality: Before God, others and all creation

- Identifying elements of our own spirituality.
- Exploring what makes a spirituality Christian.

#### Session 2

Raising our hearts and minds to God: Prayer

- Exploring simple practices to nourish our prayer and spirituality.

### On the Way

#### Session 3

Called to holiness: Rejoice and be excited!

- Exploring the call to holiness in *Gaudete et Exsultate*.

#### Session 4

Sent to announce the gospel of the Lord: The Eucharist

- What does Sunday Eucharist mean for our lives?
- What do we bring to it/take from it?

### Going further

#### Session 5

Sent to the Peripheries of Society

- Identifying the peripheries of society in our local area.
- Identifying own/parish involvement.
- Suggesting further involvement.

#### Session 6

Sent to our own Peripheries

- Identifying our own peripheries.
- Exploring the law of gradualness.
- Considering the implications.