



St Vincent de Paul Society

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# Fanning the fire

A Guide for Engaging in Spirituality and Faith  
Formation in Vinnies Youth



[www.vinnies.org.au](http://www.vinnies.org.au)

# Fanning the Fire....

A Guide for Engaging with Spirituality and Faith Formation in Vinnies Youth

St Vincent de Paul Society NSW

Youth and Young Adults

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[www.vinnies.org.au](http://www.vinnies.org.au)

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## Our Mission Statement

The St Vincent de Paul Society is a lay Catholic organisation that aspires to live the Gospel message by serving Christ in the poor with love, respect, justice, hope and joy and by working to shape a more just and compassionate society.

## Our Vision

The St Vincent de Paul Society aspires to be recognized as a caring Catholic charity offering 'a hand up' to people in need. We do this by respecting their dignity, sharing our hope and encouraging them to take control of their own destiny.



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# Introduction

This Guide for Engaging with Spirituality within Vinnies Youth is a series of tips and ideas to assist anyone seeking to engage with and pass on the spirituality of the St Vincent de Paul Society. We believe this is a particularly important aspect of Vinnies which can sometimes be put in the “too hard basket” or dismissed as irrelevant or outdated. It can be difficult to make the connection between our Good Works and the Spirituality of the Society. However, Frederic Ozanam put it best when he said, “Christianity is not about ideas but about deeds inspired by love.” Looking at spirituality in this way enables the link to be more easily seen.

They might not have expressed it as we would but the Founders and the long tradition of the Society did not see good works and Spirituality as separate elements of its life. The commitment of members to the needs of the poor is an essential component of Vincentian spirituality; the prayerful following of Jesus is what motivates and energises the life of members. The Society was not set up as simply a means for giving material relief to the poor. “Without attention being given to nurturing Christian love, there will be no capacity for self-sacrificing love of one’s neighbour, and charity will become welfare” (John Honner)

This resource has been produced after many years of sharing ideas verbally. We think it is important to capture some of this wisdom in print and to make it more accessible to others within Vinnies.

This guide has been produced by the State Youth Office of the St Vincent de Paul Society (NSW) but can be used by anyone within Vinnies or others who might find it useful.

“Give me a person of prayer, and they will be capable of accomplishing anything.” St Vincent de Paul.

Be prayers yourselves! The person who is comfortable and used to praying on their own will be comfortable and used to praying in a group. Vincent, Frederic and Rosalie were people of individual prayer and this prayer lead them to and strengthened them for community action.



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# Why We Engage With Spirituality

## Definitions:

- **Spirituality:** Getting in touch with something that is beyond ourselves, the sacred.
- **Vincentian Spirituality:** Focusing on the teachings of the founders of the St Vincent de Paul Society and living our faith in that tradition, as an extension of the Catholic tradition.
- **Formation:** The growth and development of the whole person by an intentional focus on one's (a) spiritual and interior life, (b) interactions with others in ordinary life, and (c) the spiritual practices
- **Reflection:** A thought or an opinion resulting from such consideration.
- **Prayer:** An act of communion (talking, listening, being and acting) with God

## Why do Spiritual Reflections?

*"It is often said that the main difference between service organisations and the Society is its Spiritual base. We are a Catholic organisation seeking to bear witness to Christ by word and example in practical service of the poor. The Society itself and conference members grow in Christian formation with that help which spiritual advisors can provide." The Rule Pg 32*

## It will....

- **Build Community**  
Conference members share the enthusiasm. Others seek support and encouragement.
- **Widen perspectives**  
Members move beyond particular situations and ask: where does this fit into the bigger picture?
- **Nourish faith**  
Through reflection on Christian values, members can discover the presence of God in what they do
- **Bring about personal change**  
Members begin to see links, and see how their attitudes and lifestyles contribute to poverty.
- **Develop a sense of social justice**  
Problems are seen not as one-off situations; members are challenged to social justice and advocacy.
- **Build ministry**  
Members encourage one another to identify situations and share their successes.



# Suggestions for improving Spiritual Formation in your Youth Team

- 1) Appoint a Spiritual Advisor to your Youth Team. This person supports your team and provides guidance and assistance in Spirituality. This person can also act as a mentor to anyone member who seeks such a person. This person can be lay or religious and is preferably a member of the Vincentian family. If you have difficulty finding a Spiritual Advisor, talk to your State Youth Rep, the SYT Spiritual Advisor or Coordinator to get some ideas. Once you have someone in mind, talk to your Diocesan President – they need to make the actual appointment.
- 2) Ensure that every meeting begins and ends with the St Vincent de Paul Opening and Closing Prayers. If your conference prefers to sometimes swap these for other prayers or reflections, that is fine, but try to encourage a familiarity with our Society prayers too.
- 3) Ensure that your Spiritual Advisor or someone from your group prepares a spiritual reflection for the start of every meeting.
- 4) Organise an annual retreat for your members and volunteers – your spiritual advisor and youth coordinator should be able to assist with this.
- 5) Include spiritual reflections, prayers and/or inspiring quotes in your newsletters.
- 6) Compile a folder of Spiritual reflection material which you can draw on when needed.
- 7) Try to engage all the senses in your Spiritual Reflections: use music, incense, meditation, art, candles, cloth, water etc.
- 8) Try to involve your members in preparing spiritual reflections for meetings.
- 9) Encourage all members to contribute to discussion during Spiritual Reflections.
- 10) Talk to your State Youth Representative or Coordinator for more assistance in this area.



# Formation Sessions on Vincentian Spirituality

A formation session is something which we regularly run in Vinnies but it is a little bit of an unknown – how exactly do you start to form people in Vincentian spirituality in just one session? In reality it cannot be a one off thing, it must be an ongoing part of every meeting.

Below are a few pointers and a basic outline of how to best approach formation. Vincentian Spirituality has a deep and rich heritage which is like delving into a treasure trove. However, sorting out exactly which pieces of treasure to share can be overwhelming!

Begin with the Vinnies story

- The story of Frederic and how he was motivated to “show his good works” to the students at the University in Sorbonne.
- Emphasise that Frederic was only 20 years old when his conference first started meeting – this is inspiring because Vinnies has now spread to over 143 countries and almost one million members and volunteers. This shows how one young person and their friends CAN make a difference!

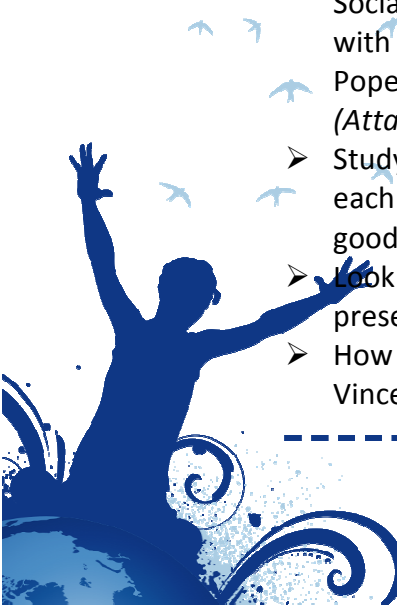
Ask the group to share their Vinnies story

*This could be done in concentric circles, in small groups, or simply with a partner.*

- How did they first get involved in Vinnies?
- What was their motivation?
- Look at the Mission and Vision of Vinnies and discuss whether, on a personal level they agree with it. If not, what would they would add or take away?

You could do a multitude of things next; this will depend on the audience, their age, their level of involvement in Vinnies and the purpose of the session. Formation is an ongoing process and not just something that we do once. Below are some ideas for activities:

- Reflect on a quote from of the Vincentian stalwarts (Frederic, Rosalie, Louise or Vincent). (*Attachment 1: Inspirational Quotes*)
- Role play the Frederic story in modern Australia. Frederic’s context was the French revolution – what is our context?
- Learn more about St Louise de Marillac and Bl Rosalie Rendu – two slightly unsung heroes of the Vinnies story.
- Play “Who wants to be a Vincentian?” (Available at [www.famvin.org](http://www.famvin.org))
- Study the idea of Social Justice and what the Church’s teaching is on this. Catholic Social Teaching is rich and provides direction for our works. It is quite aligned with the work of Frederic and it has been said that he influenced the writing of Pope Leo XIII’s encyclical “Rerum Novarum” (On the Condition of Labour). (*Attachment 2: Summary of Catholic Social Teaching*).
- Study topics such as love, peace, faith, spirituality or justice. Looking in depth at each of these concepts can provide us with more scope and motivation for our good works. Resources are available....
- Look at the difference between charity and justice and the importance of the presence of both in our Vinnies work.
- How do we show our Vincentian spirituality in our every day interactions? Being Vincentian is not just about serving the poor –what else is it about?



# Running a spiritual reflection at a Meeting

## What is a spiritual reflection?

A spiritual reflection is anything which facilitates reflection upon our faith and our good works and how they interact. Running a spiritual reflection at a meeting can be a challenging task because it is influenced by the nature of the group, the length of time allowed and the purpose of the meeting.

A basic format for a spiritual reflection is as follows:

1. Begin with a brief opening prayer and light a candle
2. Invite people to read and reflect upon the stimulus which has been provided. Explain that some time for reflection will be provided.
3. Invite people to share either with the person next to them or with the whole group any thoughts, observations or comments they have about the reflection
4. Open up a time for intercessions – you can pass the candle around the group if you wish.
5. Conclude with the Lord's Prayer and commence the meeting.

## Spiritual Reflections can be...

- Passages from the Bible
- Prayers
- Reflections prepared by the St Vincent de Paul Society
- Newspaper articles
- Poetry
- Music
- An excerpt from a movie
- Current events
- Anything that is relevant

You can be creative with the spiritual reflection and inject something of yourself into the content and message. Often, the more creative you are and the more of yourself you give, the more the group will get out of it and feel comfortable to share personally.

*It is vital that we take time with Spiritual Reflections, to read and understand what is written or heard, and discuss how this relates to our lives and to our work as volunteers of the St Vincent de Paul Society. Don't rush this part of the meeting.*



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# Spiritual Reflections During Vinnies Programs and Activities

## **Why do we do this? Shouldn't we just focus on the program?**

Running a reflection while on Vinnies programs helps to refocus on why we do our good works. It also enables us to ask God's protection, support and care for the people we are assisting, and consciously keep the people on our programs in our thoughts and prayers beyond the span of the program.

## **How do we do this?**

You'll generally find that stopping in the middle of a game of soccer on Kids Camp or in the middle of a BBQ on a Buddies Day won't be the ideal time to stop and share a reflection together!

We suggest that you bookend the day or program with reflections that are relevant for the work you are doing. Perhaps bring your leaders together for a quick prayer or reflection asking for help to focus on the participants at the start of the day and then come together for a longer reflection at the end of the day when participants have gone to bed or departed.

## **If you are on a Buddies Day:**

When all the kids have been picked up and you have debriefed the day, conclude with a short poem or reflection and a quick prayer. Once a poem or reflection has been read out invite the group to share any thoughts or reflections. (Attachment 3: Reflections for program debriefs). Once the poem or reflection has been read out, invite the group to pray for any of the children or families who have come on the Buddies Day who need special prayers. Finish by saying "we offer all the children and their families to you Father and trust you will care for and protect them. Amen."

## **If you are on a Kids Camp:**

At the end of the night meeting, when all other business is completed, begin the reflection.. Below are some ideas for reflection:

- A meditation about the day such as the Examen – walking through the good parts of the day (where God has been present) and the harder parts of the day (where it was harder to see God's presence.) (*Attachment 4: How can I pray?*)
- Lead the group through a reflection from *Peace Out* (be sure to choose one which is relevant).
- Give each person a tea light candle and place a large candle in the middle of the circle. Invite each person to come forward, light their candle from the big candle and pray for a particular child. Have pile of inspirational quotes next to the big candle and invite each person to take one as they light their tea light candle.



Running reflections is a delicate art which requires sensitivity and consideration of the group and the how comfortable each individual is with spirituality. As much as you can try to gauge this, it can be very difficult to discern where each person is on their personal spiritual journey. Therefore, it is important to phrase things appropriately and to ensure that people are not being forced out of their comfort zones. For example, if you are leading the group into a time of general spontaneous intercessions make it optional and relaxed. Quite simply, we do not apologise for our Vincentian Spirituality, but at the same time we do not wish to impose it upon anyone who is not interested.

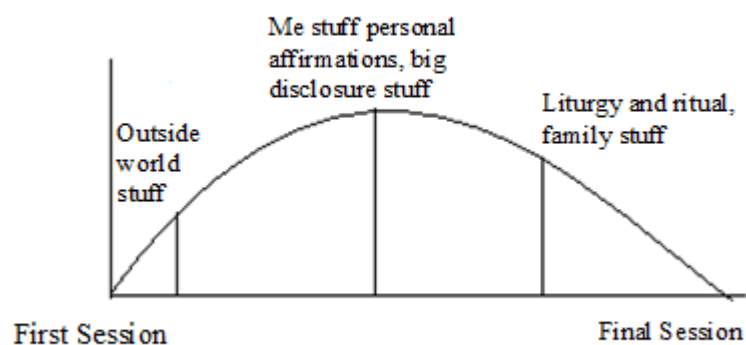
## Planning a Retreat

The first step in planning a retreat is to establish a retreat team. Retreats are much easier to run when you have a team to work with and delegate and share tasks. A team approach also means that the different charisms and gifts of each team member will impact on the retreat, not just one person's.

The attached question sheet (Attachment 5: Retreat Planning Blue Print) will help you to uncover the theme and focus of the retreat. While the initial task of planning a retreat can seem daunting, once these questions are each addressed you will have a skeleton to work with.

A retreat should have a logical flow and like any good story should have a clear beginning, middle and end. At the beginning the focus should be on the outside world, the focus should then gently move to enabling the participants to reflect deeply on their relationship with themselves, with God and with others and should conclude by allowing them to think more broadly again about their influence on others and the world around them and how they want to make an impact.

As the below diagram shows the climax of the retreat should be right in the middle so the participants feel safe in the retreat and do not feel as though they are thrown right into the deep end at the beginning, or alternatively have things left unfinished at the end.



# Choosing a Retreat Theme

- Think about the aim of the retreat. Are you aiming to challenge the participants, nurture them, or both? The answers to these questions will guide you in the choice of theme.
- Look at the Mass readings for the weekend your retreat is planned. Is there a theme to the readings that could work as a retreat theme?
- Think about scriptures that relate well to the Vincentian mission – there are plenty. The following Gospel passages fit extremely well., but of course these is not the only ones!
  - “Whatever you did to the least of my brothers you did to me”. Matt 25: 40
  - “And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” Micah 6: 8
  - “A new command I give you: Love one another. As I have loved you, so you must love one another.” John 13: 34
- If the retreat is for Vincentian formation then it makes sense to have a Vincentian quote or phrase as the theme. Below are just a few quotes that could be adopted as themes:
  - “Love the poor. Honour them, my children, as you would honour Christ himself.” *St Louise de Marillac*
  - “Be kind and love, for love is your first gift to the poor.” *Bl Rosalie Rendu*
  - “Embrace the whole world in a network of love.” *Bl Frederic Ozanam*
  - “Go to the poor: you will find God.” *St Vincent de Paul*
  - “Let us do whatever good lies at our hands.” *Bl Frederic Ozanam*
  - “Never have I prayed so well as in the streets.” *Bl Rosalie Rendu*
  - “You must not be content with tiding the poor over the poverty crisis. You must study their condition and injustices which brought about such poverty with the aim of long term improvement.” *Bl Frederic Ozanam*
  - “Christianity is not about ideas but about deeds inspired by love.” *Bl Frederic Ozanam*
- Alternatively you could use a quote from an inspirational person which could work as a theme. Below are some commonly used inspirational quotes – think about other quotes that inspire you.
  - “Be the change you want to see in the world.” Gandhi
  - “Love and Peace: Or Else!” Bono, U2
  - “Aspire not to have more but to BE more.” Archbishop Oscar Romero
  - “You can do what I cannot do. I can do what you cannot do. Together we can do great things.” Mother Teresa
- Additionally FamVin Australia have produced a series of ‘Vinspiration’ resources which provide information, activities and reflections about Vincentian Saints and Blesseds. (Attachment 6: Vinspiration: Frederic Ozanam sheet). The entire series is available at <http://www.vincentianswyd.org.au/> .



# Designing Retreat Sessions

Think about the content you would like to deliver over the course of the retreat and the types of sessions you would like to offer. A basic retreat structure or plan usually involves the delivery of content, reflection upon the content and feedback about the reflection. All three components can take place in various forms, and the reflection and feedback can happen individually, in pairs or in small groups (3 – 8 people). The following are different ideas for sessions – this is not a complete list – be imaginative!

Below are some ideas for content delivery:

- Keynote address
- Extract of a documentary
- Studying a scripture passage
- Speeches
- Music
- Art
- Show and tell
- Articles
- Workshops

Reflection on content can occur in the following ways:

- Reflection questions
- Individual prayer time
- Journaling
- Letter writing to self
- Action list (for Vinnies work, self and God)
- Goal sheet for the year
- Role plays
- Debate
- Mime
- Photomedia
- Small group discussions
- Reconciliation session

*Often providing symbolic means to express forgiveness or repentance enables people to really engage in the process. These prayer ideas can be used both within a liturgy where the Sacrament of Reconciliation is being offered or when it is not. It will work either way. Be creative when planning this session – below are a few ideas:*

- Light a tea light candle and place it in front of a cross while praying for someone / something.
- Writing a prayer on a slip of paper cut into the shape of a flower, then fold the petals into the centre of the flower in and place it in a basin of water. When the base of the flower touches the water the petals unfold.
- Bowl of water to wash hands.
- The whole group one by one receives blessed oil in their hands to symbolise forgiveness.



Other ways you may like to provide opportunities for prayer in the sessions include:

- Mass
- Group Prayer
  - Taize
  - Rosary
  - Dawn or dusk prayer service
  - Pilgrimage walk
  - Candle circle
  - Mutual blessing ceremony
  - Morning or Evening Prayer of the Church (also known as The Office)

It is also really important to build some free time into the retreat. Here are some ideas of activities you could offer during free time if participants need time to reconnect:

- Bush walk
- Board Games night
- Trivia
- Talent quest
- Sport – touch football, skipping with a long rope, soccer, table tennis etc!
- Jamming session
- Art and craft activity

## Closing Prayer or Ritual

As mentioned earlier it is important not to end the retreat abruptly. Participants should be given the opportunity to tie up loose ends and to feel like they are prepared to go back into the “real world”. A closing prayer or ritual will assist in this. Some of the following suggestions have been mentioned above and can be used effectively to end a retreat:

- Candle ceremony
- Mutual blessing – the whole group blesses each other
- Group Flower arrangement – using plants from the immediate environment – everyone contributes something from nature to create a flower/nature arrangement – praying as they do it. This is based on Japanese flower arranging.
- Community affirmations
- Letter writing to self
- Creating a web by passing a ball of wool around the group till everyone holds a piece, then cutting everyone apart till every person is left with a piece to take home.
- Photomedia resource kit – everyone identifies two photos: one which represents how they were feeling at the beginning of the retreat, and one which represents how they are feeling at the end.



# Organising a Mass for a Retreat or Reflection Day

## Priest

- Invite a Priest to celebrate Mass for the group (you may have to be flexible with Mass times as weekends are the busiest time of the week for Priests.
- Once you have a Priest confirmed, have a discussion with him about the group, the purpose of the weekend/day and any theme that you have chosen. Give him as much information as you can so he can weave it into the liturgy.
- Additionally, invite the Priest to be there for the entire weekend. As mentioned above weekends are busy times for Priests but he may be able to commit to the whole weekend.
- Give the priest a thankyou card and or gift. It is important to acknowledge that they have given up their time to celebrate Mass for the group.

## Venue

- Book the chapel or organise a space which could be used for Mass

## Readings

- Look at the readings for the weekend. Think about how these relate to the theme or purpose of the retreat. If you would like to use more theme appropriate readings, ask the Priest if this is OK with him.
- On the retreat ask for volunteers to do the readings at Mass. Provide the volunteers with the reading in advance so they can practice reading it.

## Music

- Are there musicians in the retreat group who could lead the music at the Mass?
- If yes, approach them and ask if they would be willing to share their gifts!
- If no, you can still have music; use recorded music.
- Choose the hymns for the Mass. Think carefully about the tone of the hymn and the section of the Mass it is being used in. Attached is a short guide to what types of hymns should be used in what section of the Mass: (*See Attachment 7: Choosing hymns for Mass.*)

### Mass Planning session at Retreat

*If possible hold a 30 min Mass planning session at the retreat. In this session:*

- Invite the group to write the prayers of the faithful. Link these with the theme of the weekend and ensure that they focus on local needs, as well as the needs of the whole Church.
- Practice music



- Choose people to be involved in the offertory procession. If possible include something that symbolises the group in the gifts that are presented to the Priest. (e.g. a volunteer T-Shirt, retreat banner etc)
- Assign people to set up the Chapel or space where the Mass will be held.

### Setting up the Church and Sanctuary

*There are a number of special vessels which are used in every mass that need to be prepared. If there is an Acolyte or Sacristan present **they will do** this preparation, but if not, be prepared to do it yourself.*

#### Before Mass begins:

1. Ensure that there are two candles on the altar, positioned on the front corners. Light the candles before Mass begins.
2. Place the Corporal in the centre of the Altar.
3. Prepare the Credence Table, on it should be chalices, ciboria, patens, cruets, purificators, lavabo bowl, extra dishes, towels, etc

#### During Mass:

*(The Priest may do these tasks himself – check before Mass if he would like assistance)*

1. During the Offertory Procession prepare the Altar, place the chalice and paten on the corporal. The chalice is placed on the right top corner of the corporal. The paten is placed in the centre of the corporal. The Sacramentary is placed in the top left corner of the corporal.
2. After Communion when the Priest has purified all the vessels move them all back to the Credence Table.

*(See Attachment 8: Special Vessels and Their use in the Mass).*

## Creating a Sacred Space

### What is a sacred space?

A sacred space is physical expression of spirituality which assists people to step away from their regular, normal, day-to-day life and into a space of reflection. By adding or changing physical elements of our environment we help people transition into a more reflective mood or atmosphere. Sacred space can also be part of your actual workspace, it need not be in a separate place or room.

A sacred space can comprise of any combination of the following suggestions:

- Candles
- Prayer cloths
- Picture/s of a saint or a blessed (Vincent or Frederic)
- Crucifix



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- Picture/s of Jesus
- Picture/s of God's creation – e.g. sunset, trees etc.
- Symbol/s – e.g. Volunteer t shirt, Vinnies member badges etc.
- Quiet music

The use of any or all of the above to create a sacred space provides us with a visual focus and helps us to enter into the time of prayer or reflection more completely.

If the sacred space is utilised at the beginning of the day, at the opening prayer, it then serves as a reminder for the rest of the day that God is present with us in all that we do – not just the prayer!

When you are creating a sacred space think about the group that will be interacting with it. Would the simplicity of a single candle serve the group? Or are there certain colours and images which have significance to the group? The sacred space should enable the group to feel more comfortable and at home in the reflection – it should act as a bridge for them to be more involved in the reflection. As such, anything that will make anyone uncomfortable should not be utilised – less is more.





# Acknowledgement of Country

In August 2009 the State Council of NSW Vinnies passed a proposal that an Acknowledgment of Traditional people should occur at appropriate occasions and events, internal and external to the Society. It is most appropriate for the Acknowledgment to occur at the beginning of the event or gathering. Beginning with the Acknowledgment is the respectful of the traditional owners as it shows that before the event can continue the Traditional Owners must first be acknowledged. As such, the following acknowledgement has been included in this guide and can be used by anyone. (See Attachment 9: Acknowledgement of Country outline and Attachment 10: Useful links)

## Simple Acknowledgment

*Gathered here today, we acknowledge the traditional custodians of this [insert local Indigenous nation's name here] land and pay our respects to the elders past, present and future for they hold the memories, the traditions, the culture and the hopes of Indigenous Australia. We must always remember that under the concrete and asphalt, this land is, was and always will be traditional Aboriginal land.*

## Extended Acknowledgment

*Gathered here today, we acknowledge the traditional custodians of this [insert local Indigenous nation's name here] land and pay our respects to the elders past, present and future for they hold the memories, the traditions, the culture and the hopes of Indigenous Australia. We must always remember that under the concrete and asphalt, this land is, was and always will be traditional Aboriginal land.*

*We pay respect to the first peoples on whose land we now are, acknowledging the loss of lands, cultures and treasures; knowing the consequences for people, communities and nations; and believing we can walk together to a better future. We gather today, taking this on.*

*We acknowledge this is, and always will be, Aboriginal land.*



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# Attachment 1: Inspirational Quotes

Love the poor. Honour them, my children, as you would honour Christ himself.

*St Louise de Marillac*

Be kind and love, for love is your first gift to the poor.

*Bl Rosalie Rendu*

To embrace the whole world in a network of love.

*Bl Frederic Ozanam*

Go to the poor: you will find God.

*St Vincent de Paul*

Let us do whatever good lies at our hands.

*Bl Frederic Ozanam*

Never have I prayed so well as in the streets.

*Bl Rosalie Rendu*

You must not be content with tiding the poor over the poverty crisis. You must study their condition and injustices which brought about such poverty with the aim of long term improvement.

*Bl Frederic Ozanam*

Christianity is not about ideas but about deeds inspired by love.

*Bl Frederic Ozanam*

Give me a person of prayer, and they will be capable of accomplishing anything.

St Vincent de Paul.

## Our Deepest Fear

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small doesn't serve the world.

There's nothing enlightened about shrinking so that other people won't feel insecure around you.

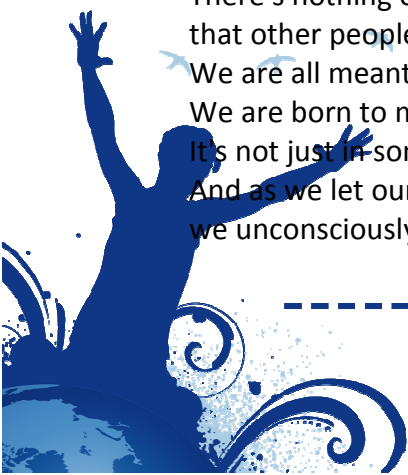
We are all meant to shine, as children do.

We are born to make manifest the glory of God that is within us.

It's not just in some of us, it's in everyone.

And as we let our own light shine,

we unconsciously give other



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people permission to do the same.  
As we are liberated from our own fear,  
our presence automatically liberates others."  
*Authored and published by Marianne Williamson*

## **A Future Not Our Own**

It helps, now and then, to step back  
and take the long view.  
The kingdom is not only beyond our efforts,  
it is beyond our vision.

We accomplish in our lifetime only a tiny fraction of  
the magnificent enterprise that is God's work.  
Nothing we do is complete,  
which is another way of saying  
that the kingdom always lies beyond us.

No statement says all that could be said.  
No prayer fully expresses our faith.  
No confession brings perfection.  
No pastoral visit brings wholeness.  
No programme accomplishes the Church's mission.  
No set of goals and objectives includes everything.

This is what we are about:  
We plant seeds that one day will grow.  
We water seeds already planted, knowing that they hold future promise.  
We lay foundations that will need further development.  
We provide yeast that produces effects beyond our capabilities.

We cannot do everything  
and there is a sense of liberation in realizing that.  
This enables us to do something,  
and to do it very well.  
It may be incomplete, but it is a beginning, a step along the way,  
an opportunity for God's grace to enter and do the rest.

We may never see the end results,  
but that is the difference between the master builder and the worker.  
We are workers, not master builders,  
ministers, not messiahs.  
We are prophets of a future not our own. Amen

Archbishop Oscar Romero  
El Salvador



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# Attachment 2: Summary of Catholic Social Teaching

## 1. The Dignity of the Human Person

Human beings are created in the image and likeness of God and, therefore, are endowed with dignity. This inherent dignity carries with it certain basic rights and responsibilities which are exercised within a social framework.

## 2. The Common Good

While the dignity of the human person is affirmed, individuals live in common with others and the rights of individuals must be balanced with the wider common good of all. The rights and needs of others must always be respected.

## 3. Solidarity

Human beings are social by nature and do not exist merely as individuals. When considering the human community it must be remembered that it consists of individual and social elements.

## 4. Subsidiarity

This principle recognises that society is based on organisations or communities of people ranging from small groups or families right through to national and international institutions. As a rule of social organisation, subsidiarity affirms the right of individuals and social groups to make their own decisions and accomplish what they can by their own initiative and industry. A higher level community should not interfere in the life of a community at a lower level of social organisation unless it is to support and enable.

## 5. The Purpose of the Social Order

The social order must uphold the dignity of the human person.

## 6. The Purpose of Government

The purpose of government is the promotion of the common good. Governments are required to actively participate in society to promote and ensure social justice and equity.

## 7. Participation

↑ Individuals and groups must be enabled to participate in society.

## 8. The Universal Purpose of Goods

↑ The world's goods are meant for all. Although the Church upholds the right to private property this is subordinate to the right to the common use and overall common good. There is a social mortgage on private property.



## **9. The Option for the Poor**

This refers to seeing the world through the eyes of the poor and standing with the poor in solidarity. This should lead to action for justice with and on behalf of those who are poor and marginalised.

## **10. The Care of Creation**

The Earth is God's gift and all species have a rightful place in it. Humans share this habitat with other kind and have a special duty to be stewards and trustees of the Earth.



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# Attachment 3: Reflections for program debriefs

## Children live what they learn

If a child lives with criticism, they learn to condemn.

If a child lives with hostility, they learn to fight.

If a child lives with ridicule, they learn to be shy.

If a child lives with shame, they learn to feel guilty.

If a child lives with tolerance, they learn to be patient.

If a child lives with encouragement, they learn confidence.

If a child lives with praise, they learn to appreciate.

If a child lives with security, they learn to have faith.

If a child lives with approval, they learn to like themselves.

If a child lives with acceptance and friendship,

They learn to find love in the world.

## The Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
as it is, not as I would have it;  
Trusting that He will make all things right  
if I surrender to His Will;  
That I may be reasonably happy in this life  
and supremely happy with Him  
Forever in the next.  
Amen. --Reinhold Niebuhr



### Starfish



As the old man walked along the beach at dawn he noticed a young man ahead of him picking up starfish and flinging them into the sea. Catching up with the youth he asked him why he was doing this. The answer was that the stranded starfish would die if left on the dry sand in the morning sun. "But the beach goes on for miles and there are millions of starfish" said the old man. "How can your efforts make any difference?" The young man looked at the starfish in his hand and threw it into the safety of the waves. "It makes a difference for this one!" he said.



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## Saint Theresa's Prayer

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

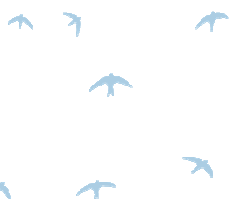
## Proverbs 3: 5-6

Trust in the Lord with all your heart  
and lean not on your own understanding;  
in all your ways acknowledge him,  
and he will direct your paths.

## Missionaries of Charity

Every day, in India, Mother Teresa's sisters the Missionaries of Charity recite a prayer before they begin their work of comforting and serving people who are poor, sick and dying. The prayer was written by Cardinal Newman.

Dear Lord, help me spread your fragrance wherever I go.  
Flood my soul with your Spirit and life.  
Penetrate and possess my whole being so utterly that all my life may only be a radiance of yours. Shine through me, and be so in me, that every soul I come into contact with may feel your presence in my soul. Let them look up and see no longer me, but only you, O Lord!  
Stay with me and then I will begin to shine as you do; to shine so as to be a light to others.  
The light, O Lord, will be all from you; none of it will be mine; it will be you shining on others through me. Let me thus praise you in the way that you love best, by shining on those around me.  
Let me preach you without preaching, not by words but by my example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears for you.



## Vinnies Logo

Think about the Vinnies logo  
The three hands in the logo represent three hands.  
The top hand is the hand of Christ that blesses the cup. We can recognise it as the hand of Christ because there is a wound in the hand.  
The cup that is being held by the middle hand can also be thought of as a gift – this could include the gift of time, of love, of yourself, of presence or whatever it is that you give in your vinnies work.



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The middle hand offer the cup (or gift)  
The bottom hand is the hand of someone who is suffering that receives  
the cup or whatever gift is given to them by Vinnies.  
Think about how your Vinnies work today has been blessed by God.

### **A Prayer for all Children**

We pray for children who put chocolate fingers everywhere  
who like to be tickled  
who stamp in puddles  
who can never find their shoes.

We pray for children who stare at photographers from behind barbed wire  
who have never counted potatoes  
who are born in places in which we wouldn't be seen dead  
who never go to the cinema  
who live in an X-rated world.

We pray for children who bring us sticky kisses and fistfuls of dandelions  
who sleep with the dog and bury goldfish  
who hug us in a hurry and forget their lunch money  
who squeeze toothpaste all over the washbasin.

We pray for children who never had a pudding  
who have no comfort blanket to drag behind them  
who watch their parents watch them die  
who can't find any bread to steal  
who don't have any rooms to tidy  
whose monsters are real.

We pray for children who spend their pocket money before Tuesday  
who throw tantrums in supermarkets and pick at their food  
who like ghost stories  
who get visits from the tooth fairy  
who don't like being kissed in public  
whose tears we sometimes laugh at  
whose smiles sometimes make us cry.

We pray for children whose nightmares come in the daytime  
who will eat anything  
who have never been seen by a doctor  
who aren't spoiled by anybody  
who go to bed hungry and cry themselves to sleep  
who live and move but have no being.

We pray for children who want to be carried  
and for those who must  
for those we can never give up on  
and for those who don't get a second chance  
for those we love to bits

and for those who will grab the hand of anybody kind enough to offer it.

We pray for all our children throughout the world,

We pray that you will make us worthy of them.



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## Children

Spend time with children. Learn more about laughter, spontaneity, curiosity, acceptance, resilience, trust, determination, and your imagination. They are here to teach us!

### **Society Opening Prayers**

Come, Holy Spirit, fill the hearts of Your faithful and enkindle in them the fire of Your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O God, by the light of the Holy Spirit, teach the hearts of the faithful and grant that by the same Spirit we may be truly wise and ever enjoy His consolation.  
Through Christ Our Lord

#### *For the Holy Father and all members of the Vincentian Family*

Lord we pray for the special intentions of our Holy Father, for Bishops, Priests, Religious and all members of the Vincentian family throughout the world, especially in those countries with which we are twinned.

We remember particularly our benefactors and those whom we assist.

#### *For ourselves*

Lord, You gave St Vincent de Paul a heart overflowing with love for You. Grant us the same fervour of charity, that we too may see Your image in those whom we assist and gladly give them a share of our time and possessions.

#### *Prayer for the society spirit*

Lord Jesus, we rejoice in the faith and courage of our founders, especially Blessed Frederic Ozanam. May their spirit be renewed in the Society today that we may be open to the needs of the poor and disadvantaged and receptive to the inspiration of the Holy Spirit.

Hail Mary, etc...



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# Attachment 4: How can I pray?

A great way to pray is to look for God's presence in your life. More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Try this version of St. Ignatius' prayer.

**1. Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

**2. Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

**3. Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

**4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

**5. Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.

Taken from <http://ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>



# Attachment 5: Retreat Planning Blue Print

Please see separate document



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# Attachment 6: Vinspiration – Frederic Ozanam

Please see separate document



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# Attachment 7: Choosing Hymns for Mass

*“Singing is the sign of the heart’s joy” (cf. Acts 2:46)*

Some information that may be helpful when choosing hymns for Mass.

## Entrance Song

The Entrance song has a very important part to play.

It is meant to *“...open the celebration, foster the unity of those who have been gathered, introduce their thoughts to the mystery of the liturgical season or festivity, and accompany the procession of the priest and ministers.” (General Instruction of the Roman Missal, pg 25)*

With this in mind, what kind of song should we be singing at the beginning of Mass?

- One that is familiar to everyone.
- One that fosters the unity of those gathered.
- One that has a communal rather than individual focus.
- One that is in keeping with the particular season of the Church.

This applies as much to the music as to the words. What the music evokes, e.g. joy, sorrow, awe, is as important as the words themselves.

Below are some examples of appropriate entrance songs:

- “Gather us in” by Marty Haugen
- “Christ be Our Light” by Bernadette Farrell
- “Glory and Praise to Our God” by Daniel L. Schutte
- “Did you feel the Mountains Tremble” Matt Redman

## Procession of the Gifts

The General Instruction of the Roman Missal says that a song may accompany the action of bringing forward the gifts of bread and wine to the altar.

In many places this is also a time when the choir or a group of singers could sing something by themselves thus enriching the prayer of the assembly. It is not necessary for the whole assembly to sing at this time.

*“The procession bringing the gifts is accompanied by the Offertory chant which continues at least until the gifts have been placed on the altar.” (General Instruction of the Roman Missal, pg 74)*

Below are some examples of appropriate songs for the Procession of Gifts:

- “Come as you are” by Deidre Brown
- “The Servant Song” by Richard Gillard
- “Purify my Heart” by Eugene Greco
- “The Lord is my Shepherd” by Brian Boniwell



## Communion Song

It is desirable that during the communion procession the people sing a hymn or song that expresses the unity of all called to Christ's banquet. From a musical point of view, it is best to choose a hymn or song that has a refrain that all might memorise and sing during the procession with the choir or cantor singing the verses.

Below are some examples of appropriate songs for during Communion:

- "Our Blessing Cup" by Bob Hurd
- "We Are One Body" by Dana Scallon
- "I am the bread of Life" by Suzanne Toolan
- "One Bread, One Body" by John Foley

## After Communion

It is customary in many parishes to have a period of silence at the end of the communion procession. If a hymn or song is sung at this point of the celebration it should be *joyful in nature*.

Below are some examples of appropriate songs for during Communion:

- "You are mine" by David Haas
- "Emmaus Song" by Monica Brown
- "Here I am Lord" by Daniel L. Schutte
- "Amazing Grace" traditional

## Recessional Hymn or not?

There has been a tradition in many parishes over the years to sing a recessional hymn. In fact, the liturgical documents make no provision for such a hymn. Why?

The very last thing the Priest says is "Go in Peace to Love and Serve the Lord." To remain behind for another five minutes to sing a song is not responding to this call. We have been called to go out and resume the task of witnessing to Christ in the world.

Some people like to sing before departing as a sign of thanksgiving, but it is perfectly alright also for people to leave immediately once the priest and the other ministers have processed out.

So if there is a recessional hymn it should be:

- Short;
- Thanksgiving and/or sending forth in nature.

Below are some examples of appropriate songs for the Recessional Hymn:

- "Summoned by Love" Monica O'Brien and Trisha Watts
- "Lord the Light of Your Love is Shining" by Graham Kendrick
- "We are Called" by David Haas
- "Receive the Power" by Gary Pinto and Guy Sebastian



### Some things to note:

- During the liturgy, keep an eye on the celebrant and the Sanctuary to see what is happening. If the celebrant has finished the liturgical action then try and finish up the song when musically appropriate.
- Music Ministry is not a ministry that is in isolation. It is one ministry that compliments all other ministry groups in a parish and particularly a liturgy. Make sure you always check with Senior Servers, Readers and the Celebrant before Mass to see if there is anything different that may be happening that you need to know.
- If ever you are unsure of what might be appropriate or not, always feel free to ask.

It is only in learning and understanding that we come to a fuller and greater appreciation of our Catholic liturgy and its significance in our lives.

### Liturgical Resources:

“Let’s Celebrate” Produced by the Catholic Diocese of Parramatta.



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# Attachment 8: Special Vessels and Their Use in the Mass

Please see separate document



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# Attachment 9: Acknowledgement of Country Outlines

Please see separate document



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# Attachment 10: Useful links

## **St Vincent de Paul Society**

The St Vincent de Paul Society website has a section on Spirituality and also Social Justice news and resources

[www.vinnies.org.au](http://www.vinnies.org.au)

## **Society of St Vincent de Paul International**

News about the work that is being achieved by St Vincent de Paul internationally.

[www.ssvpglobal.org](http://www.ssvpglobal.org)

## **The Vincentian Family**

News section and the formation section have great resources including a *Who wants to be a Vincentian?* quiz.

[www.famvin.org.au](http://www.famvin.org.au)

## **FamVin Australia**

Good resources including the life and times of Blessed Frederic Ozanam "St Vincent's Spiritual Way"

[www.vincentianswyd.org.au](http://www.vincentianswyd.org.au)

## **De Paul University**

Vincentian University in the United States publishes good podcasts which are posted weekly.

[www.mission.depaul.edu/podcasts](http://www.mission.depaul.edu/podcasts)

## **Daughters of Charity**

Good resources for primary school children based on the life of St Vincent de Paul.

[www.daughtersofcharity.org.au](http://www.daughtersofcharity.org.au)

## **Catholic Youth Ministry in Australia**

National Body which provides resources, links and information about Youth Ministry around the country.

<http://youthministry.catholic.org.au/>

## **Broken Bay Institute**

Offers faith based Adult Education through short courses, professional development and degrees.

<http://www.bbi.catholic.edu.au/programs/index.html>

## **Mercy Sisters Australia**

The Sisters of Mercy in Australia have a fantastic Spirituality section with lots of great Social Justice resources and reflections.

<http://www.mercy.org.au/index.cfm>



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### **Caritas**

Catholic Aid agency working all over the world to support people to improve their lives. Good information and resources about Social Justice.

<http://www.caritas.org.au>

### **The Justice and Peace Office, Archdiocese of Sydney**

This office is part of the Archdiocese of Sydney. They offer training in Catholic Social Teaching to learn the Church teachings about justice and charity.

[http://www.sydney.catholic.org.au/justice/justice\\_peace.asp](http://www.sydney.catholic.org.au/justice/justice_peace.asp)

### **Catholic Church Australia**

Central website for all information about Bishops, Dioceses and Commissions that Bishops chair in Australia.

<http://www.catholic.org.au/>

### **National Aboriginal & Torres Strait Islander Catholic Council**

Good Resources and links to Aboriginal Catholic Ministries around Australia.

<http://www.natsicc.org.au/links.php>

### **Aboriginal Catholic Ministry - Penrith NSW**

This site has sections on Aboriginal Spirituality and includes local stories.

[www.rc.net](http://www.rc.net)

### **Barani**

A Website devoted to the Indigenous History of Sydney. The link above is to a page dedicated to Indigenous Involvement with the Church in NSW.

[www.cityofsydney.nsw.gov.au/barani/](http://www.cityofsydney.nsw.gov.au/barani/)

### **Aboriginal Education and Employment Services**

This website has a link to the Map of Indigenous Australia. From this map you can figure exactly which Indigenous Country you are in. If you cannot be sure from this you may have to do some more research with your local council.

[http://www.aboriginaleducation.sa.edu.au/files/pages/aboriginal\\_aust/ab\\_aust\\_full.pdf](http://www.aboriginaleducation.sa.edu.au/files/pages/aboriginal_aust/ab_aust_full.pdf)



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