**FAITH 365 WEEK ONE 2020**

 **A CALL TO JOURNEY**

*The first part of this session will differ slightly from the others, to allow the group to get to know each other and focus on the intent of these five gatherings. Depending on how well people in the group know one another, this session might be a bit longer. Let the group know this, but assure them in the coming weeks you will keep your eye on the clock so that we start and finish on time. Make sure also, that you have the correct emails and best phone numbers to use if needed.*

**Preparation**

* **Have handouts ready for each participant**
* **Make sure CDs for music and video are ready**
* **Take time to make sure that all AV equipment is working before people arrive**
* **Place a candle in the center of the room/table**

**Welcome**

**Invite people to be in the moment, put aside the cares of the day, and turn off cell phones**

**Focus**

* **We are beginning a five-week journey**
* **During this time, we hope to learn a few things, but most important come to know better how the Lord is working in our lives**
* **This Lent all our sessions will focus on the idea of being called. As you know our parish is involved in a project, the C3 Project, along with other faith communities around the country, focused on creating a culture of calling. As disciples of the Lord, we know that He calls us to follow him. The challenge, however, is to realize the call comes not once when we are young, but throughout every stage of life. That call comes to us in ordinary moments of life, in times of joy and times of sorrow. It comes to us in illness and in health, in triumph as well as tragedy. So, each week our video will focus on a call that takes place in someone’s life. And the challenge will be to reflect on how that call comes to us in similar ways.**
* **It is important to remember that everyone shares at his or her comfort level. No one will be forced to speak or be put on the spot. But we do learn much from one another, so your willingness to share is more helpful than you realize.**

*As an icebreaker for the first session; and a way of getting to know one another: introduce yourself and then tell the group the name of the street you lived on growing up. If it was more than one, choose the street you live the longest. Briefly: name three things you remember about that street.*

**Format explanation**

* **Depending on the group, it may not be necessary to go through the format explanation. Many may have been in a group previously. Make sure, however, you pay attention to anyone who is new to Faith365. The handout provided (Participate, Prepare, Be Present, Be Comfortable, Be Personal, Be Confidential, Be Gentle) can be gone over as needed.**

**Session Overview**

* The Bible can be viewed as a book about journey. It contains the story of the Hebrew people’s journey; the journey of individuals like the prophets or Mary and Joseph. And, of course, the journey of Jesus.
* It is also a book about spiritual journey; how the various roads, experiences, circumstances and people we meet on the way are opportunities to grow in our faith and discipleship.
* Lent is seen as a journey; not only to Easter but an inward journey of conversion and growth.
* We begin this year’s journey of Lent with a desire to pay more attention to our life; to the twists and turns, the detours as well as the clear roads that are part of the journey. We desire in Lent to develop a greater appreciation not only for the destination, but for the journey itself.
* **We will now use a song to settle us, open our hearts, and allow us to be present to this moment. This song is called In My Life. It is sung by the artist Judy Collins**

**Song**: In My Life (Lennon/McCartney) sung by Judy Collins

There are places, I remember,
all my life though some have changed
some forever, not for better
some are gone, and some remain
all these places have their meanings
with lovers and friends I still can recall,
some are dead and some are living...
in my life, I've loved them all.

But of all these friends and lovers,
there is no one compares with you.
And these memories lose their meaning
when I think of love of something new.
Though I know I'll never lose affection for people
and things that went before,
I know I'll often stop and think about them.
In my life, I love you more.

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**Faith Sharing**

* **We will now listen to a passage from the Gospel of Luke**
* **Give out the sheet with the passage. Ask the members not to read along, but listen to the words and feel what is happening, or pay attention to the message it conveys.**
* **After the passage is read, we can be quiet for a minute or two so that all can look at the passage.**
* **Allow time for quiet, and then begin a conversation with these three questions:**
* **WHAT DID I HEAR?**
* **WHAT DO I THINK IT MEANS FOR US?**
* **WHAT CHALLENGE DID IT OFFER?**

**Intro to video**:

*Why Two Men Are Walking Every Block in New York City*

There are over 6000 miles of streets across the five boroughs that are New York City. Two men made the plan to walk every block, across all the boroughs. Each had a very different approach to how they would undertake this journey. And each had different reasons for making this journey. In this video, William Helmreich and Matt Green meet for the first time. They discuss their philosophy of walking. They question whether how and if anyone can truly know their city.

* **Show video**

**Questions for Discussion**

* **Remember that all the questions do not have to be answered; nor do you have to discuss them in the order listed here. The questions are offered to help facilitate the conversation.**
* **Be conscious if individuals seem to dominate the conversation; gently suggest that others might want to weigh in.**
* **Remind the group that we want to speak about our personal experiences, and not relay the experience of other people.**
* **Every week, start with the question, What image or phrase stood out for you in the video? How people respond might direct which question you turn toward first.**

**REFLECTION QUESTIONS**

~What image or phrase was most impactful for you in the video?

~How often do you take the time to walk when you could drive?  What prevents you from doing so?

~In our very busy lives and our busy world, how can we slow down, walk instead of run, and truly meet others on the journey?

~What surprising places has your faith journey taken you? What details have you noticed?

~The man in the video says that he sees something new every time he walks down a familiar road, where in your life have you had this experience?

~As you have walked along your journey with God, has there been a time when have you discovered something “new” in that relationship?

~How well do you notice things around you? What can you (or others) do to be more mindful of your surroundings?

~Perspective is the way that one looks at something. Are there times in your life when you were not sure of your perspective? Discuss a time when you lost your perspective in the rush to get what you want.

~Bill was told that New Yorkers would not talk to him. He found this not to be true as he walked the streets of the city. Describe a time when you expected one outcome and received another.

~The key to successful relationships lies solely in our ability to take the perspective of another. Will discovered that a new understanding can be learned each time you look through another’s eyes. Describe a time when you were able to change your opinion by changing your perspective.

~Bill was told: “People told me that New Yorkers aren’t going to talk to you. They’re too busy. That has not been my experience.”

Who or what are you potentially avoiding because of the excuse that either they or you are simply too busy?

**Closing Prayer**

Each week, we will conclude our time together by offering intentions that we have. We can share those aloud or silently within our hearts.

Are there any intentions we would like to share at this time?

 Allow time for group members to offer prayers.

Gathering all these prayers together, we pray together the Lord’s prayer…

 **Our Father….**

**An invitation for the Week:** Can I find a time to walk in my neighborhood, noticing perhaps things I usually do not see? In my walk, can I be conscious of the Lord’s presence dwelling in the lives and homes of those who live on this street?

**Song**: **In My Life** (Lennon/McCartney)

sung by Judy Collins

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**Scripture**: **Luke 24:13-35**

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he replied to them, “What sort of things?”

They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see.

And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So, he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?”

So, they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

 **WHAT DID I HEAR?**

 **WHAT DO I THINK IT MEANS?**

 **WHAT CHALLENGE DID IT OFFER?**