

Workshop Session Title: *A Parish Perspective: Laity at Work in the Pastoral Care of the Sick and the Dying*

Presenter: Jean Marie Weber, PhD

8:30-10:00a.m., 6-3-19

PATHWAYS TO SERVICE IN PASTORAL CARE MINISTRY

Foundational

Sample 6 Hour Sessions based on the **Arch/diocesan Pastoral Care Competencies for the Sick, the Homebound and Older Adults**

Session One: Discernment Of The Call

Focus: Motivation for Pastoral Care

Question: Why am I doing this?

Session One: Intellectual Formation (2) Hours

Title: Now hear the Word of the Lord...

Topic: Healing Stories in the Old and New Testament (Scripture)

Reflection Paper:

Part 1: Which of these Old Testament stories are most familiar to you? What story means the most to you? Why?

Part 2: Which of these New Testament stories are most familiar to you? What story means the most to you? Why?

Competency: 3.1.5 - To identify Old and New Testament verses as a means of better understanding a theology of suffering.

Session One: Human Formation (2) Hours

Topic: Discernment of Gifts and Strengths in response to sickness and health related issues

Triad Sharing: What is your experience with sickness and elder issues? What has been one of your positive responses?

Competency: 1.1.3 - Understand specific elder issues confronting human dignity, such as loss of health, mobility, memory, independence, relationships.

Topic: Recognition of Limitations - traits and abilities one lacks,

Triad Sharing: When have you not responded appropriately in dealing with sickness and health related issues?

Competency: 1.2.5: - Face personal biases related to sickness, incapacitation, aging, especially confronting one's own issues related to autonomy, dependency, los

Session One: Spiritual Formation (1) Hour

Guided Reflection, role playing and Mentoring

Topic: Introduction to Lectio Divina (*Sacred reading... a way to meditate on scripture*)

Exercise: Use selected OT or NT passages from the Healing stories

+Read the Passage, reflect on it, select a word to share, why is this passage important to you, to the sick person?

+How do these Old Testament and New Testament stories help you answer the question: Why am I doing this?

Competency: 2.2.2: - Evidence a personal, ecclesial and social spirituality

Resources

<http://www.liguori.org/catholic-update-newsletter-parish/catholic-update-bible-study-parish.html>

[\[www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf\]](http://www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf)

C1406A Celebrating God's Word: How Catholics Read the Bible

C0407A Choosing and Using a Bible: What Catholics Should Know

C8911A Finding Your Way Through the Old Testament

C8305A How the Gospels Were Written

C9010A The Lectionary: Heart of the Bible

C1707A We Are Today's Apostles: An Invitation to Small Faith Communities

<https://www.smp.org/product/1144IB/The-Bible-The-Living-Word-of-God/>

<https://www.smp.org/product/9131/Scriptural-Meditations/>

Word on Fire Ministries (US) <https://store.wordonfire.org/>

Episode 2 - Happy Are We: The Teachings of Jesus

<https://www.youtube.com/watch?v=JhdFJw6hpfY>

C4: Ignite Your Catholic Faith - Is the Bible True?

<https://carenotes.com/>

<http://www.osv.com>

<http://www.RCLBenziger.com>

Session Two: Discernment of the Call (*continued*)

Focus: The culture I am called to serve in.

Question: Where am I and who is there? What cultures?

Session Two: Intellectual Formation (2) Hours

Title: "Is Any Among You Sick?" (The Letter of James 5:13)

Topic: Pastoral Care in the History of the Church (Theology)

Reflection Paper: How has the Church responded to the Pastoral needs of the Church throughout the centuries? Identify two Saints that were key in this development. What has been the role of religious orders in the pastoral care of the sick and dying?

Competency: 2.1.3 - Articulate an understanding of Catholic pastoral care teaching related to sick and homebound

Competency: 3.3.3 - Articulate an understanding of Catholic pastoral care within history of the Church

Session Two: Spiritual Formation (2) Hours

Topic: A spirituality for suffering and a paschal spirituality of loving service (Intro. to Theological Reflection)

What does it mean to suffer with someone, e.g., to share in their physical or mental limitations for a specific period or permanently? How do you express solidarity and compassion for sick person? How does this reflect the culture of pastoral ministry in which I am called to serve?

Competency 2.5.3 - Be aware of one's own pastoral identify, and one's own call to ministry as an ecclesial reality

Session Two: Guided Reflection, role playing and Mentoring: One (1) Hour: (Methods)

Exercise: Design, share and pray a short prayer based on the paschal mystery. How could this be used when visiting a sick person? What is the culture of pastoral ministry in this setting?

Resources

www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf

C1206A Jesus' 'Mighty Deeds' of Healing in Mark's Gospel

C8711A The Communion of Saints: 'People Who Need People'

C8711S La Comuni3n de los Santos: 'Personas que necesitan a otras'

C1607A Mother Teresa of Calcutta: Sainly Model of Persistence in Faithfulness, Prayer, and Love

C1604A Praying With Icons: Contemplating the Icon of Our Mother of Perpetual Help

Word on Fire Ministries (US) <https://store.wordonfire.org/>

Episode 6 - A Body Both Suffering And Glorious: The Mystical Union Of Christ And The Church

Episode 8 - A Vast Company Of Witnesses: The Communion Of Saints

https://www.youtube.com/results?search_query=c4+ignite+your+faith

C4: Ignite Your Catholic Faith - What's Up with Catholics and Saints?

<https://carenotes.com/>

<http://www.osv.com>

<http://www.RCLBenziger.com>

Session Three: Discernment of the Call (continued)

Session Three: Intellectual Formation (2) Hours

Focus: Pastoral identity, presence and empathetic listening.

Question: How do I represent the pastoral care ministry of the Church?

Title: “By His Wounds You Have Been Healed...” (1 Peter 2:21–25)

Topic: The Paschal Mystery - a basis for a Theology of Suffering and Death (Theology)

Reflection Paper: What is the Paschal Mystery? How can human suffering find meaning in this Mystery? What are examples of this type of Redemptive Suffering...

Competency 3.1.6: - To emphasize the spiritual value of the Paschal Mystery

Competency 3.2.3: - Possess theological understandings of suffering and death

Session Three: Pastoral Formation (2) Hours

Topic: Pastoral Care Ministry skills. (Methods)

What are necessary pastoral skills in a pastoral care minister that assist in the healing process of a sick person? How do I represent the pastoral care ministry of the Church? What does it mean to be present and listen with empathy? (Discussion and Group Charting Work)

Competency: 4.1.9 Demonstrate familiarity and facility with illness issues

Competency: 4.1.8 Difference curing/healing, Familiarity and facility with illness issues

Session Three: Guided Reflection, role playing and Mentoring: One (1) Hour:

Exercise: Role-Play a pastoral Care visit to a sick person in the hospital...in a home ...in an elder care facility. Critique its effectiveness...

Resources

www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf

C1203A The Paschal Mystery: God’s Wonderful Plan

C1007A Catholics and Health Care: They Go Together

C1309A The Healing Work of Vatican II

C8802A The Way of the Cross: A Lenten Devotion for Our Times

<https://store.rclbenziger.com/product/faithful-revolution-vatican-ii-5-dvd-boxed-set>

DVD 3: Human Dignity

DVD 4: A World Transformed

DVD 5: The Dynamics of Hope

<https://www.youtube.com/watch?v=1Sn8l2n7TGE>

C4: Ignite Your Catholic Faith - What is Faith?

https://www.youtube.com/watch?v=AK2O_e-kxZ0

C4: Ignite Your Catholic Faith - What's God's Plan for Me?

<https://carenotes.com/>

<http://www.osv.com>

<http://www.RCLBenziger.com>

SESSION FOUR: Discernment of the Call (*continued*)

Focus: Part one: Visitation and Accompaniment

Question: What am I doing there?

Session 4: Intellectual Formation (2) Hours

Title: “The Raising of One’s Mind and Heart to God...” (CCC, 2559)

Topic: Introduction to Prayer and Spirituality (Theology)

What is prayer? How would you describe your own spirituality, your prayer life? What are individual differences in prayer especially for the sick and elderly?

Competency: 3.3.4: - Understand the characteristics and influences of a pre-vatican piety on one’s spirituality

Competency: 3.7.5: Appreciate the individualized nature of prayer for Elderly

Session 4: Human Formation (2) Hours

Topic: The Home Church for the Sick – The Domestic Church (Theology)

What does a prayerful presence look like in the home of someone who is sick or in an elderly facility setting? Draw or sketch these characteristics! Demonstrate or Role play this, for example, a sick person in their home and/or an elder in a care facility.

Competency: 1.2.7: - Value the empathetic prayerful presence of another

Competency: 1.2.6: - Tolerate differences, more accepting of others as his/her desire to be accepted is heightened

Competency: 1.6.7: Understand the specific role one is taking in the setting.

Session 4: Guided Reflection, role playing and Mentoring: One (1) Hour:

Exercise: Praying with the sick and or elderly

Visit the home of a sick person or a care Facility for an elder along with your mentor. Describe your experience and how you responded. What did you learn? What went well, what would you change?

Competency: 2.4.5: - View “Home setting” as sacred space, and conduct services accordingly.

Competency: 4.8.5 - Praying with others/homebound

Resources

http://www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf

C9202A An Invitation to Prayer: A Guide for Deepening Our Prayer Life

C8608A Ten Reasons for Going to Mass

C1109A A Walk Through the Mass: Why We Do What We Do

C1312A Liturgy of the Hours: Sharing Your Day With God

C9612A Our Father: The Prayer Jesus Taught Us

C8103A Pathways of Prayer

C1002A Praydreaming: Key to Discernment

C0212A The Incarnation: Why God Wanted to Become Human

https://www.smp.org/category/Prayer-Spirituality/?parish_or_school=parish

Word on Fire Ministries (US) <https://store.wordonfire.org/>

Episode 8 - A Vast Company Of Witnesses: The Communion Of Saints

Episode 9 - The Life of His Love: Prayer and the Life of the Spirit

<https://www.youtube.com/watch?v=mpfcBsqlXGE>

C4: Ignite Your Catholic Faith - How Am I Supposed to Pray?

<https://carenotes.com/>

<http://www.osv.com>

<http://www.RCLBenziger.com>

Session Five: Discernment of the Call (*continued*)

Focus: Part two: Religious Agent

Question: What am I doing there?

Session 5: Intellectual Formation (2) Hours

Title: Let them pray and anoint with oil in the name of the Lord...

(Based on the Letter of James, 4: 15)

Topic: Liturgy and Sacraments (Theology)

Vatican Council II describes Reconciliation and Anointing of the Sick as the Sacraments of healing. Why is this an important understanding and distinction from the other sacraments that are identified as the Sacraments of Initiation and the Sacraments of service?

Competency: 3.4.4: - Sacraments in the life of the elderly

Competency: 3.4.6: - Reconciliation as Spiritual healing and the Anointing of the Sick

Session 5: Spiritual Formation (2) Hours

Topic: The Sacramental Care of the Sick (Theology) (Living the Liturgical Year)

Describe the role of your parish in the care of the sick regarding the reception of the Sacraments. Who is responsible for the outreach? Are the sick and elderly receiving Holy Communion each week if desired? Are the Sacraments of Reconciliation and Anointing available? What processes are in place for this to occur?

Competency: 2.4.3: - Recognize vital role of community of Faith in elder setting

Competency: 2.7.4: - Understand Pastoral care as a healing ministry in the name of the Church, and where appropriate, the meaning of authorization and commissioning.

Competency: 4.8.2: - Understanding about ritual, sacraments in pastoral care

Session 5: Guided Reflection, role playing and Mentoring: One (1) Hour:

Exercise: Discuss and share...research this at your parish level and submit in writing. What action steps might you need to take? How does this exercise answer the question: What am I doing there?

Resources

www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf

C9308A Sacraments: It All Starts With Jesus
 C8304A The Seven Sacraments: Symbols of God's Care
 C9508A What Are Sacraments?
 C9601A Anointing the Sick: A Parish Sacrament
 C8304S Los Siete Sacramentos: Símbolos de la Gracia de Dios
 C1206A Jesus' 'Mighty Deeds' of Healing in Mark's Gospel
 C8702A Why Must I Suffer?
 C0008A How to Celebrate the Sacrament of Reconciliation Today
 C1503A Learning to Forgive: Steps to Reconciliation
 C1602A Reconciliation: Coming Home to God
 C0906A Sacrament of Reconciliation: Celebrating the Mercy of God

Word on Fire Ministries (US) <https://store.wordonfire.org/>

Episode 7 - Word Made Flesh, True Bread Of Heaven: The Mystery Of The Liturgy And The Eucharist

<https://www.smp.org/product/1151IB/The-Sacraments-Encounters-with-Christ/>

<https://www.youtube.com/watch?v=2R8Ne5HbDeU>

C4: Ignite Your Catholic Faith - Why Observe the Sacraments?

<https://www.youtube.com/watch?v=fYyST8yRb00>

C4: Ignite Your Catholic Faith - Does Jesus Still Heal People?

<https://carenotes.com/>

<http://www.osv.com>

<http://www.RCLBenziger.com>

SESSION SIX: Discernment of the Call (continued)

Focus: The system(s) I represent and the systems I encounter

Question: How do I navigate the system?

Session 6: Intellectual Formation (2) Hours (Theology)

Title: “Do not Hold Me” (*John 20:17*)

Topic: Bereavement and Grief Ministries

Competency: 4.1.10 - Understand Bereavement/Loss/Grief, Spiritual needs in the face of suffering/death

Session 6: Pastoral Formation (2) Hours

Topic: Specific Pastoral Care Ministry Areas - Family Dynamics; Spirituality of resilience

How do you deal with grieving families, at the time of death, in planning the funeral, in following up after the death and burial? What Bereavement and Grief Ministries are available? What systems are in place regarding these areas? What resources are available and recommended for referral by the Arch/diocese, the parish etc.?

Competency: - 2.7.3: Recognize the difference between a vocation and a job. Competency:4.8.3 Comfortable with prayer with/for others

Competency: 4.8.4 - Articulate and have facility with rituals and spiritual practices

Session 6: Guided Reflection, Role playing and Mentoring: One (1) Hour:

Exercise: Classroom presentations and demonstrations...

Resources

http://www.liguori.org/media/wysiwyg/Catholic_Update_Order_Form.pdf

C1501A Journey Through Grief: Finding Strength in Faith

C1407A End-of-Life Moral Issues

C1504A Responding to Tragedy With Hope and Love

C9710A Cremation: New Options for Catholics

C9305A The ‘Last Things’: Death, Judgment, Heaven, and Hell

Word on Fire Ministries (US) <https://store.wordonfire.org/>

Episode 10 - World Without End: The Last Things

<http://www.wisconsinatholic.org/NATHOOD%202013%20Booklet%20Form.pdf>

Now and at the Hour of our Death, A Pastoral Letter from the Roman Catholic Bishops of Wisconsin on End of Life Decisions, 2013.

<https://www.youtube.com/watch?v=Zu3Kk7YPqAo>C4: Ignite Your Catholic Faith - What Happens When We Die?

<https://carenotes.com/>

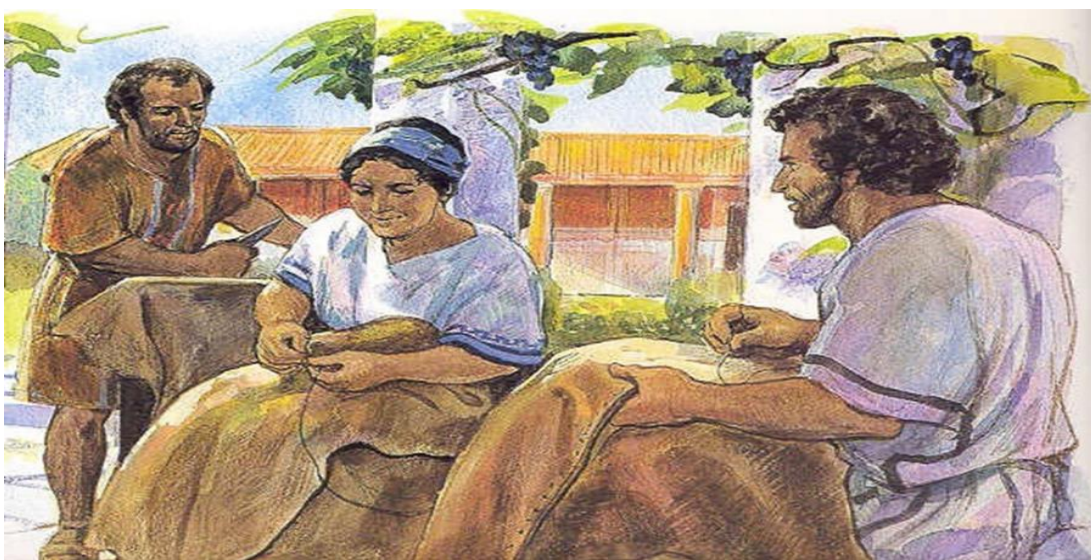
<https://www.osv.com/default.aspx>

Additional Resources:

Websites:

<http://www.osv.com>

<http://www.RCLBenziger.com>



The Call for *Co-Workers in the Vineyard* based on (Acts 18:18; Acts 18:26; Romans 16:3, NABRE)