



# Partners in Pastoral Care

Continuing the Healing Ministry of Jesus  
in the Name of the Church

## PROJECT BOOKLET

Templates for Formation

### SUMMARY:

A Template for Programs of Formation for Pastoral Care ministers in Diverse Settings through Partnership of Arch/diocesan Offices, Academic Programs and National Associations



The Partners in Pastoral Care Project is a product of the National Association of Catholic Chaplains (NACC) and its Partners

© NACC 2019

## PARTNERS IN PASTORAL CARE

### APPENDIX 3: SAMPLE SESSIONS FOR FOUNDATIONAL FOR PASTORAL CARE FOR THE SICK, ELDERLY, AND HOMEBOUND THROUGH ARCH/DIOCESAN OFFICES:

*Applied: Diocesan Pastoral Care Competencies for the Sick, the Homebound and Older Adults (DPC)*

#### **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?

**DPC 3.1.2.1** - Demonstrate the applicability of the revelation of Scripture in the practice of pastoral care, especially as it relates to the vulnerable and aging.

**DPC 3.6.1** - Articulate a pastoral theology that is based on a Scriptural context and informs a practical ministry of care for the vulnerable.

#### **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?

**DPC 1.1.2.1** - Demonstrate awareness of one's beliefs and challenges when serving within a diverse population, especially the aging.

**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?

**DPC 1.2.1.1** - Identify one's own gifts needed for pastoral ministry and the limitations and prejudices which inhibit the fullness of this ministry.

## PARTNERS IN PASTORAL CARE

### **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

- ◆ **Part 1** - the Passage, reflect on it, select a word to share, why is this passage important to you, to the sick person?
- ◆ **Part 2** - do these Old Testament and New Testament stories help you answer the question: Why am I doing this?

**DPC 2.1.1** - Articulate an understanding of the elements of spirituality informed by the teachings and life of Jesus Christ, the sacramental and communal life of the Church, lived experience and reflection.

**DPC 3.6.1** - Articulate a pastoral theology that is based on a Scriptural context and informs a practical ministry of care for the vulnerable.

### **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>

## PARTNERS IN PASTORAL CARE

### 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?

**DPC 2.2.1.1** - Demonstrate ways in which one’s prayer life reflects Catholic spiritual tradition and enables one’s pastoral ministry.

### **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?

**DPC 2.5.1.1** - Articulate the meaning of one’s call to priesthood through Baptism

### **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](http://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 Comunion 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

## PARTNERS IN PASTORAL CARE

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](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>

## PARTNERS IN PASTORAL CARE

### 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...

**DPC 3.4.2** - Articulate a theology that embraces the understanding of Eucharist as the Real Presence of Jesus Christ.

**DPC 2.9.2** - Articulate a model of Jesus Christ in communion with the frail and suffering

#### 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)

**DPC 4.1.1.1** - Demonstrate practices of pastoral care which flow from one’s spirituality and training and which one would want to receive at a time of complete vulnerability.

**DPC 4.2.1.1** - Demonstrate an encounter when one has been able to eliminate a cultural boundary through a common belief in the message of Jesus Christ.

#### 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...

## PARTNERS IN PASTORAL CARE

### Resources

[www.liguori.org/media/wysiwyg/Catholic\\_Update\\_Order\\_Form.pdf](http://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](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>

## PARTNERS IN PASTORAL CARE

### 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?

**DPC 3.7.1.1** - Demonstrate a spirituality familiar to one from Catholic historical models.

**DPC 3.7.2** - Articulate a prayer practice, imbedded in Catholic tradition, and actively practiced today.

**DPC 3.9.1.1** - Demonstrate ecumenical pastoral practices that incorporate and honor faith traditions of the support structure for the person being served.

#### **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.

**DPC 3.7.1.1** - Demonstrate a spirituality familiar to one from Catholic historical models.

**DPC 3.7.2** - Articulate a prayer practice, imbedded in Catholic tradition, and actively practiced today

**DPC 1.6.3.2** - Demonstrate one’s own accountability and responsibility for appropriate boundaries as a representative of the Church or parish.

#### **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?

**DPC 2.4.2.1** - Demonstrate alternative ways to satisfy generational differences to encourage and enable prayerful or liturgical settings, especially for an older adult.



## PARTNERS IN PASTORAL CARE

**DPC 4.8.1** - Articulate practices for enabling the spiritual life of small groups, especially when serving older adults.

### Resources

[http://www.liguori.org/media/wysiwyg/Catholic\\_Update\\_Order\\_Form.pdf](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](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>

## PARTNERS IN PASTORAL CARE

### 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?

**DPC 3.4.1** - Articulate a basic understanding of sacraments, their source and efficacy.

**DPC 3.4.3** - Articulate a liturgy appropriate at the bedside or in a residential setting.

#### **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?

**DPC 2.8.1** - Articulate ways in which the community, surrounding and supporting the individual receiving pastoral care, can participate in that care without regard to their faith tradition or having none at all.

**DPC 2.8.2** - Articulate the advantages of ecumenical support from a community of caring.

**DPC 2.1.1** - Articulate an understanding of the elements of spirituality informed by the teachings and life of Jesus Christ, the sacramental and communal life of the Church, lived experience and reflection.

#### **Section 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?

## PARTNERS IN PASTORAL CARE

### Resources

[www.liguori.org/media/wysiwyg/Catholic\\_Update\\_Order\\_Form.pdf](http://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>

## PARTNERS IN PASTORAL CARE

### 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

**DPC 4.1.1.1** - Demonstrate practices of pastoral care which flow from one’s spirituality and training and which one would want to receive at a time of complete vulnerability.

#### **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.?

**DPC 4.5.1.1** - Demonstrate a successful encounter which began with conflicts, i.e., in decision-making ownership, goals, willingness to collaborate or other inhibitors.

**DPC 4.8.1.1** - Demonstrate an approach to communal prayer, especially in serving older adults.

**DPC 2.2.1** - Articulate the benefits of both private and communal prayer.

**DPC 2.4.1** - Articulate an understanding of the ways in which art and environment can encourage prayer and a spiritual life.

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

**Exercise:** Classroom presentations and demonstrations...

## PARTNERS IN PASTORAL CARE

### Resources

[http://www.liguori.org/media/wysiwyg/Catholic\\_Update\\_Order\\_Form.pdf](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>