

3. GIFTS page 13-17

Session Outcome: Pilgrims reflect on the gifts they can share with the group and those they need from each other.

SONG: Companions on the Journey

Carey Landry

We are companions on the journey,
Breaking bread and sharing life
And in the love we bear is the hope we share
For we believe in the love of our God x2

No longer strangers to each other
No longer strangers in God's house
We are fed and we are nourished
By the strength of those who care x 2

We have been gifted with each other
And we are called by the word of the Lord
To act with justice to love tenderly
And to walk humbly with our God x 2

SCRIPTURE: 1Cor 12:4-26

Each of us is created by God with our own unique gifts which come from God.

PRAYER: Psalm25

Psalms Down Under by Joy Cowley

Stones

Today I came to a shining beach
covered with a litany of stones:
gravel, pebbles, boulders, many colours,
each one like a word of praise
and the whole, a triumphant song.
As I picked up stones at random,
feeling their skin against mine,
and absorbing the loveliness of them,
I thought that I was a bit like that beach,
with every stone a gesture of love
from a person who'd cared about me
at some time in my life.
From the moment of conception,
when God spoke and I was,
love has shaped my being
and the givers are still with me,
contained within their gifts,
people who've laid a litany of loving,
stone by stone, word by word, touch by touch,
showing me the truth of my existence.
For a long time I sat on that beach,
adding to its song, my own gratitude
and when I shut my eyes and tried to imagine
what the beach would look like
without all those shining stones,
I understood in a new and deeper way,
the meaning of my life as gift.

GROUP ACTIVITY: Gift Box

INPUT FOR DISCUSSION: Each of us has been gifted by God in unique ways. Not only in what we can do, but in the qualities that shape who we are. Naming the qualities that define you as unique enables a freedom to be who God created and called you to be. God calls us to live life to the fullest – to use our giftedness to our full potential, and to serve the community of people around us. We are called to live the Gospel in our own lives, to be people of truth and light. We do this in our own unique way, using our unique gifts and the guidance of God.

ACTIVITY: Using the gift box net attached, create the best representation of who you are; the skills and qualities that make you uniquely you. Reflect on how these skills and qualities shape your call – how you live the Gospel in your life. On the box, creatively represent your reflections through symbols, writing, drawing and cutting/pasting. In groups, share your gift box and identify gifts that you will share with other pilgrims on this WYD11 journey.

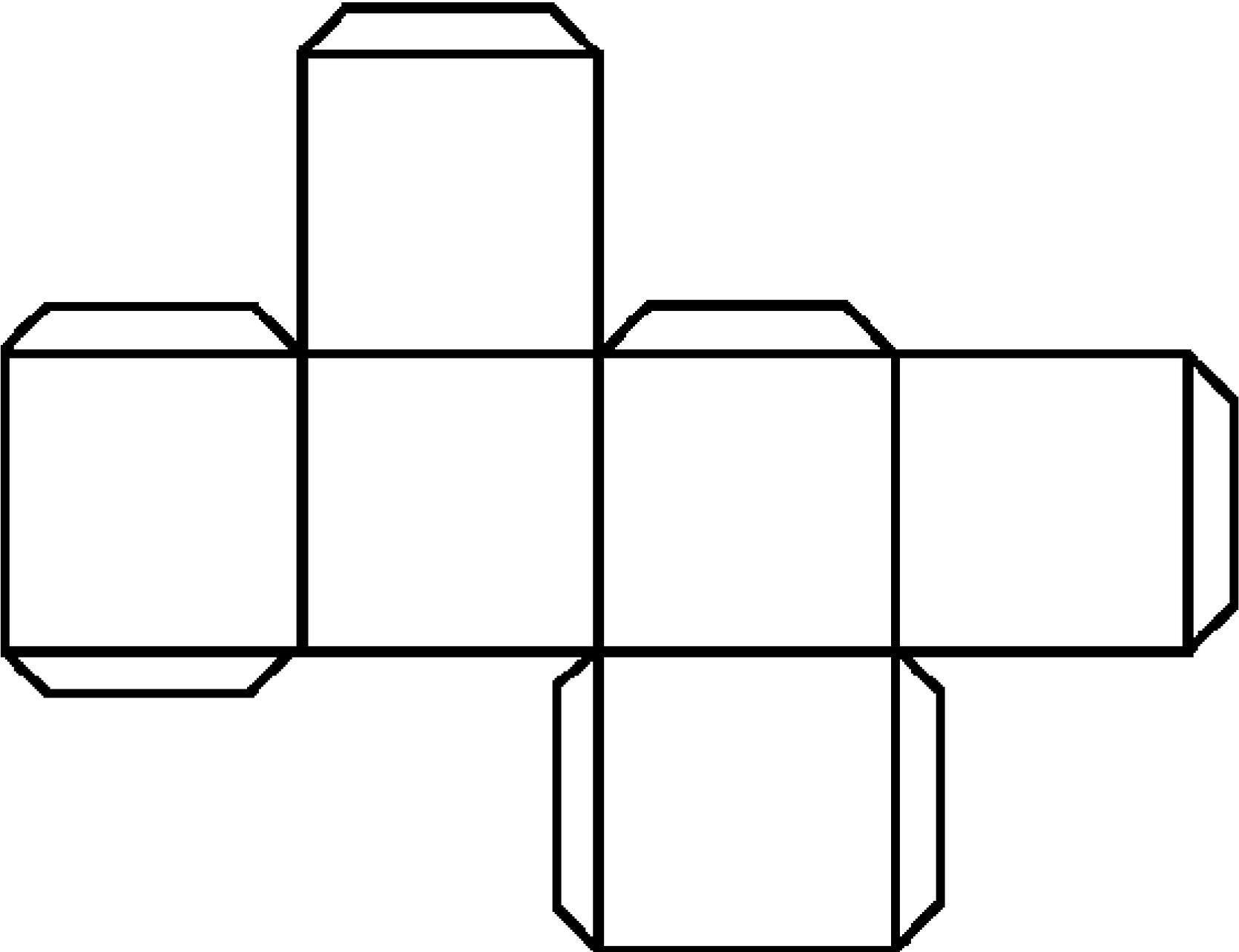
N.B. Enlarge the net attached to A3 size to ensure each pilgrim has a big enough gift box to decorate.

REFLECTION: Spend some time writing and reflecting on this activity experience. Use the following questions to help guide your reflection:

1. What did this activity reveal about your unique giftedness?
2. How do your gifts help you/guide you in living your call?



GROUP ACTIVITY: Gift Box Net



TOOL FOR THE JOURNEY: Intentional Dialogue

Going on pilgrimage together can be hard. We have to negotiate our way through our individual journey and the group journey. At times communicating with each other is easy and at times this can be really difficult. Each of us is different. We have different gifts, feelings, thoughts, attitudes, values, habits, priorities and ways of doing things. In a group we must work together and respect each other even in times of difference. We can learn from each other and grow when we understand that diversity is a gift from God. Respectful communication can be one of the greatest gifts we can offer, especially when we are feeling frustrated or angry.

Intentional Dialogue is a tool to help communication and manage feelings and conflict between two people.

There are four reasons why you might want to have intentional dialogue:

1. You are upset about something and want to discuss it.
2. You want to discuss a topic that you think might be touchy.
3. You want to be heard about something important to you.
4. You want to understand the other person's viewpoint.

The person initiating the intentional dialogue begins as the Sender; roles are switched back and forth until both parties feel they have been heard and understood. There is also an optional role of Coach – this person is there to deepen the expression of feelings, encourage the process and help the two people use their roles. The Coach must hold confidentiality and not allow their own opinions or feelings get in the way. To do this best, chose someone external of the situation, who has experience in this type of role.

There are two essential roles in intentional dialogue: the **SENDER** and the **RECEIVER**

SENDER: Makes appointment – “**I would like to have an intentional dialogue. Is now OK?**”

RECEIVER: It is the Receiver’s job to grant a dialogue asap, **now** if possible and within 24 hours if not possible now.

SENDER: Explains the situation from their point of view and outlines what they would like from the Receiver.

RECEIVER: The receiver does 4 things:

1. Mirror: “*What you’re saying is...*” or “*Let me see if I’ve got it...*”

2. Clarify: When there is a natural pause the Receiver will say two things:

a) “*Am I getting what you said?*”

b) “*Is there anything more you would like to say about that?*” (When the Sender has finished sending, the Receiver moves on to...)

3. Validation: The first thing to do is to summarise in a few sentences what has been said: “*In summary, what you are saying is...*”

a) Then check the accuracy by asking, “*Is that a good summary?*”

b) Then say a few sentences like: “*I am listening to you carefully. I follow what you’re saying and you make sense because...*”

4. Empathy: Make some guesses at what the Sender is feeling. Feelings are stated in one word (i.e. angry, confused, sad, upset etc.) If your guess entails more than one word it probably is a thought (e.g. “You feel like you don’t want to go with me.” This is a thought, not a feeling.) Remember, you never know for sure what another person is feeling, therefore clarify and check out your guess by asking: “*Is that what you’re feeling?*” When the Sender shares other feelings with you, mirror back what you hear and enquire “*Are there any other feelings you are having?*” Mirror what is said and validate the sender by saying something like “*Those feelings make sense.*”

When the Receiver has gone through all four parts (mirror, clarify, validation, empathy) they then say “**I would like to respond now.**” Switch roles.