

Calm Together

Prayer Experience

You are invited to create community online as we gather to share and grow faith.

How to Prepare and Run a Session:

Read *Saturday Sessions 'How To' Guide* for information how to host a Saturday Session.

The Experience

This prayer experience can be used to reflect on the theme 'Calm Together'. This will be a time of prayer rather than small group discussion.

A prayer leader will be required to lead the session.

The prayer leader is invited to spend some time with the scripture and image before the prayer session to prepare a reflection to share with the group after the proclamation of the scripture.

Introduction & Welcome

Introduce theme "Calm Together"

- What do these two words mean to you today?
- What is your need in this theme we seek today?

Suggested Song: Galilee Song

Invite a participant to proclaim the scripture.

Scripture Passage: Mark 4:35-41

"That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

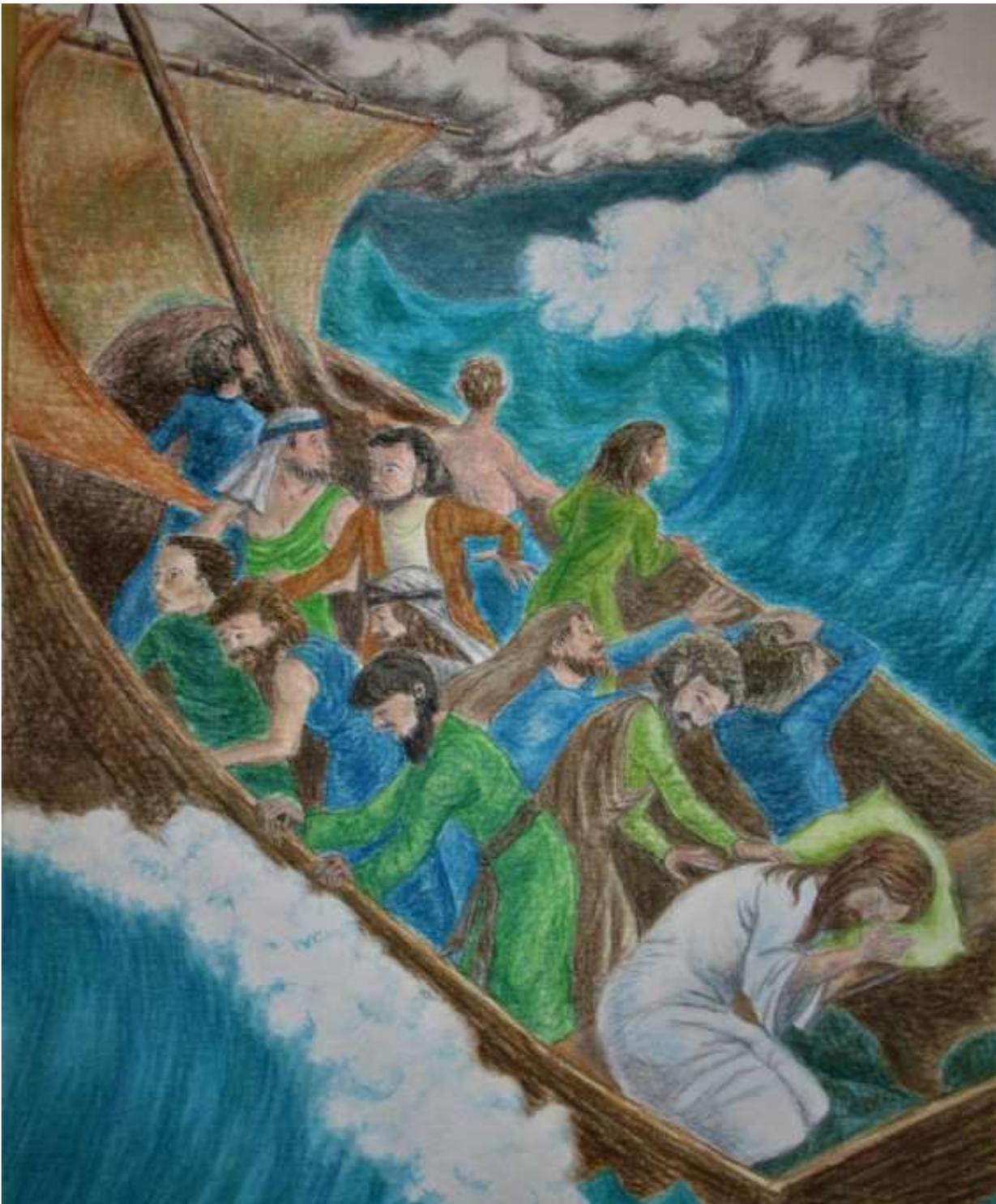
He said to his disciples, "Why are you so afraid? Do you still have no faith?"

They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

The Gospel of the Lord

Reflection by Prayer Leader

Reflection on the image Disciples in the Storm – by Teresa Prior



Individual Prayer

- Participants will be invited to spend approximately 25 minutes in quiet individual prayer.
- A reflection piece is available via the following link <https://youtu.be/b8hV4uaVY4M> that can be shown for the duration of this quiet prayer.
- The quotes in this reflection piece are quotes from Saturday Sessions April – August 2020. Scripture and images speak to being Calm Together. Participants are invited to pray and reflect on each quote and image, engaging in moments of silence amidst the music.
- People are invited to listen to the Spirit and journal or pray in response to the reflection piece being offered.

Prayer Teams

- There is the opportunity to invite people into prayer teams to be prayed with and prayed over. Prior to the session, four individuals can be invited to form two pairs to form two prayer teams. During the time of individual prayer, people will be invited to enter a prayer room.
- It is important to prepare for this ministry with the prayer teams before the prayer experience.
- For information on prayer ministry and prayer rooms via Zoom, please contact the Pastoral Planning Office at pastoralplanning@parracatholic.org

Conclusion

- Five minutes before the end of the prayer experience, the prayer rooms will close, and the prayer teams will return to the larger group.
- After some concluding remarks from the prayer leader, participants are invited to share one word or phrase that was strong in their reflection.
- Closing prayer and thanks

Further Support:

If you would like further support to bring to life a Saturday Session, or Wednesday Wisdom or Tuesday Thinktank (the name can be changed), please contact Lisa at the Pastoral Planning Office at lisa.bright@parracatholic.org

Please contact the Pastoral Planning Office for support in all areas of pastoral ministry.

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