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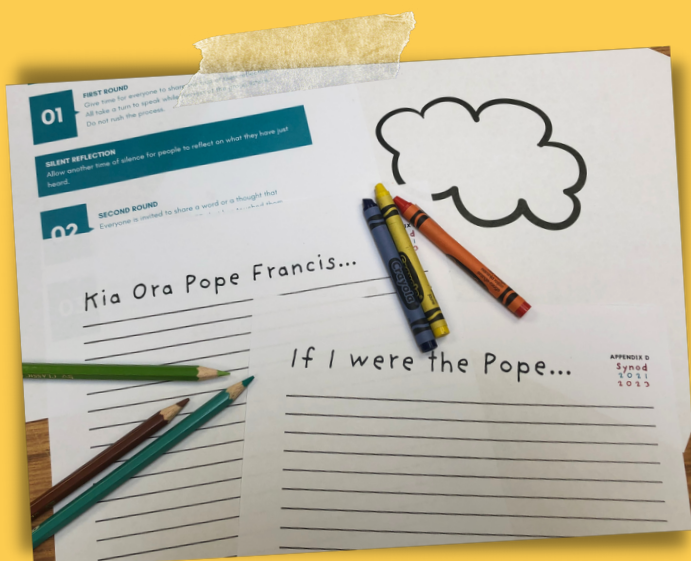
PARTICIPATE

The '**Synod Participation Handbook**' outlines a process of spiritual conversation that ideally takes place in groups. This is the main way that people across the world are participating in the Synod 2021-2023.

In various contexts however, it may be more engaging for people to make an activity-based submission. These activities have been adapted from a resource developed for classrooms in our Catholic schools across the Diocese of Palmerston North.

These activities may be a good way to involve children, either in the home or in an environment such as Children's Liturgy. They may also just appeal to the young at heart and offer a creative way for groups and individuals to reflect and share together, before making the submission to the diocese.

On the following pages you will find several activity suggestions and then resources to use for these activities.



ACTIVITIES

1. DRAWING

Draw a picture of what it means to be welcoming and supportive to others OR of a time when they have felt welcomed/supported.

These drawings do not have to be specifically related to the Church/Catholic faith community. Ideally the drawing will express something of the essence of what it means to be welcoming, to include others, and/or a time they have experienced that.

2. CLOUD BRAINSTORM

Do a 'cloud brainstorm' using one of the questions below to focus, with ideas branching off it. Bear in mind the *Who, What, Where, Why & How* when brainstorming answers.

The question in the middle could be one of the following:

- How have I felt welcomed/supported by the Church?
- What do I wish for in my faith journey as I grow up?
- How could the Church journey with people better?

3. LETTER TO THE POPE

Write a letter to the Pope with hopes and aspirations for the Church (based on the same questions above), reinforcing the importance of their individual voices and the possibility they can incite change as the Church works towards being the best it can be for all people.

4. IF I WERE THE POPE ...

Use the writing prompt *"If I were the Pope and in charge of the Church, I would like to see ..."* and contribute a piece of independent writing.



SHARING BACK

One of the most important parts of this synod process taking place around the world is about listening to one another. After participating in a discussion or completing an activity, these can be submitted to the diocese to contribute to a summary document sent to the Vatican.

SHARING WITH OTHERS

- Ideally individuals would complete one of these activities in a group context. At some stage, it would be great if people were able to share their reflections with one another (either in pairs or as a small group). The group could be encouraged to listen to each other's sharing and then reflect back something they heard from someone else that stood out to them.
- If you complete an activity by yourself, consider whether there is a way you could invite others to do the same and then schedule a time to share about your experience and reflections, maybe over a cup of coffee or a chat on the phone, etc.
- If you are working with young people, you might like to consider how their work could be shared with their whānau and how parents/guardians could also be invited to participate.

SUBMITTING RESPONSES

Submissions are open until 31 March 2022.

We would love to receive copies of any activities produced as part of this process.

Responses can be submitted in any of the following ways:

EMAIL

Email digital copies of completed activities to synod@pndiocese.org.nz

POSTAL RESPONSE

Send in any completed activities by posting them to the below address with the included Cover Sheet:

SYNOD 2021-2023

Diocese of Palmerston North

PO Box 5279

Terrace End

Palmerston North 4441

ONLINE SURVEY

Visit pndiocese.org.nz/synod and follow the link to the Online Submission Tool.

Cover Sheet

Age: *please circle*

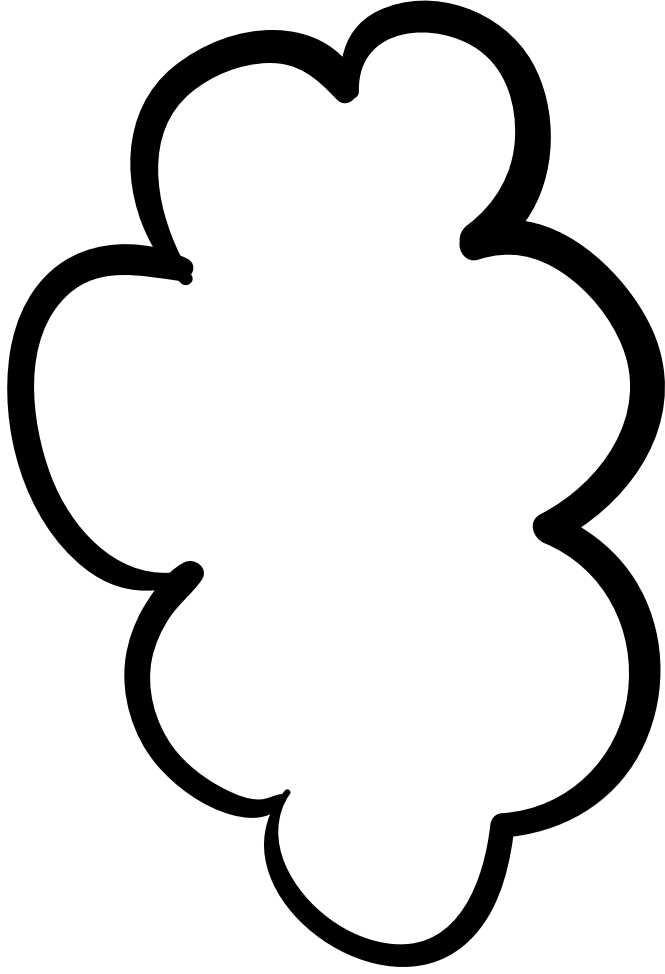
Under 16 16-17 18-29 30-59 60-79 80 years+

Ethnicity: _____

Is this submission from a:

Group Individual

Are there any overall reflections you would like to include with this submission from participating in this process?



Small Group Discussion Outline

A group can choose to either use the two main questions or one of the five themes in the Synod Submission Handbook.

SILENT REFLECTION

Take time for prayerful reflection.

01

FIRST ROUND

Give time for everyone to share the fruit of their reflection. All take a turn to speak while the rest of the group listens. Do not rush the process.

SILENT REFLECTION

Allow another time of silence for people to reflect on what they have just heard.

02

SECOND ROUND

Everyone is invited to share a word or a thought that **SOMEONE ELSE HAS SHARED** that has touched them.

03

THIRD ROUND

Together, the members of the group look at what has stood out. What is the essence of the sharing that has taken place?

Prayers

From the 'Journeying Together' Prayer Liturgy

So, as we embark on the journey ahead ...

May God bless us with listening ears and open hearts to the world's needs.

May God bless us with responding hearts that call us to follow Jesus. May God bless us with hearts that create communities wherever we are.

May God bless us with the fire of love on our journey.

May we be Christ's face, hands and feet to all those we meet.

WORKING TOGETHER – TE MAHI TAHI

E HĒHU KARAITI,
DURING YOUR LIFE ON EARTH YOU DREW
PEOPLE TOGETHER,
TO LIVE TOGETHER, TO WORK TOGETHER,
TO PRAY TOGETHER.
YOU UNDERSTOOD THAT PEOPLE ARE
HAPPIER
WHEN THEY KNOW AND EXPERIENCE THE
LOVE OF OTHERS.
TEACH US ALWAYS TO INCLUDE EVERYONE
IN OUR WORK, IN OUR GAMES,
IN OUR JOYFUL TIMES, AND IN OUR SAD
TIMES.
POPE FRANCIS SAID,
THE ONLY FUTURE WORTH BUILDING
INCLUDES EVERYONE.
MAY WE PLAY A PART
IN BUILDING STRONGER
AND HAPPIER COMMUNITIES.
AMEN.

FROM THE CARITAS LENT PRAYER BOOKLET 2018

JOURNEY TOGETHER – HAERE NGĀTAHI

TWO ARE BETTER THAN ONE,
BECAUSE THEY HAVE
A GOOD REWARD FOR THEIR TOIL.
FOR IF THEY FALL ONE WILL LIFT THE OTHER...
ECCLESIASTES 4:9-10

E TE ATUA O TE AROHA,
GOD OF LOVE,
THANK YOU FOR THE GIFT OF FRIENDSHIP.
THANK YOU FOR THOSE WHO WALK WITH US
DURING THE UPS AND DOWNS OF LIFE.
IN THE WORDS OF POPE FRANCIS,
HELP US TO REGAIN THE CONVICTION
THAT WE NEED ONE ANOTHER.
WHEN WE ARE TEMPTED TO GO IT ALONE,
TEACH US THE VALUE
OF COMMUNITY
AND CO-OPERATION.
HELP US TO TAKE SERIOUSLY
OUR SHARED RESPONSIBILITY
FOR OTHERS AND FOR THE WORLD.
AMEN.

FROM THE CARITAS LENT PRAYER BOOKLET 2018

Christ has no body now on earth but yours.

Yours are the only hands with which he can do his work.

Yours are the only feet with which he can go about the world.

Yours are the only eyes through which his compassion can shine forth upon a troubled world.

Christ has no body on earth but yours.

- Saint Teresa of Ávila