



Remain in Me

A Process of Reflection on Take, Bless, Break, Share

Facilitator Guide

The *Remain in Me* series helps facilitate a process of encounter, understanding, and response to Christ's abiding presence in the Eucharist. Based on Cardinal Cupich's **Take, Bless, Break, Share: A Strategy for Eucharistic Revival**, each reflection session unpacks one of five central themes of our sacramental and liturgical lives through engaging video content, Scripture, prayer, individual reflection, small group discussion and personal testimony.

- Session 1: **The Imperative of Worship**
 - Session 1 Reflection & Discussion Question Handout (**PDF**)
- Session 2: **The Eucharist as a Matter of Life and Death**
 - Session 2 Reflection & Discussion Question Handout (**PDF**)
- Session 3: **The Eucharist as a Summons to Participation**
 - Session 3 Reflection & Discussion Question Handout (**PDF**)
- Session 4: **From the Sacrifice of Jesus to Our Sacrificial Living**
 - Session 4 Reflection & Discussion Question Handout (**PDF**)
- Session 5: **The Eucharist Is the Sacrament of the Lord's Abiding Presence**
 - Session 5 Reflection & Discussion Question Handout (**PDF**)

The *Remain in Me* series is perfect for both parish-wide gatherings and small group faith dialogue. Each session was designed to be complete within a 90-minute timeframe in mind, but can easily be adapted based on your parish needs. Presented in a user-friendly format via Microsoft Sway, Remain in Me allows group facilitators to simply scroll through the presentation and lead participants through the process.

The following pages offer suggestions designed to help parish leaders utilize and adapt this resource for adult formation related to the Liturgy & Eucharist within their faith community.

This resource was developed by the **Office of Lifelong Formation** and the **Office of Divine Worship**. For questions on parish implementation, please contact Deborah Breakey at dbreakey@archchicago.org.

SAMPLE TIMEFRAME FOR A 90-MINUTE SESSION

This sample timeframe may help you to envision parish gatherings for small group faith dialogue. The amount of time dedicated to any section of the *Remain in Me* sessions can be adjusted for parish gatherings with shorter or longer timeframes. This outline maps directly onto the content presented within each session.

Presentation Sections	Approximate Time
Welcome	5 minutes
Lectio-Divina Prayer	15 minutes
Reflection Video	10 minutes
Reflection Questions	10 minutes
Interview Video	15 minutes
Group Discussion	20 minutes
Go Forth	10 minutes
Closing Prayer	5 minutes

BEFORE EACH SESSION

Create a Sacred Space and Reflective Atmosphere

When a gathering space is decorated with tangible symbols of our faith, we are able to more easily step away from the chaos of daily life and enter into a mindset of prayer and reflection. Consider gathering some religious items (e.g., a Bible, a Crucifix, images of Mary or the saints, candles, holy water, prayer cards or flowers) to create a small prayer space in the room.

Consider Group Dynamics

Be attentive to who is participating in your group and what their needs are. There will be different levels of reflection based on the dynamics of your group. For example, some individuals and/or groups may need a longer amount of time for personal reflection prior to being open to group reflection and discussion. Your role as a facilitator is to accompany those in your group, to walk with them at their pace and according to their comfort level. Remember that your role is to ultimately help participants encounter Jesus and bring the Good News of Christ to the world. Keeping this in mind throughout the session will help you to guide conversations that build community and inspire all participants to witness their faith when and how they are ready.

SWAY PRESENTATION SECTIONS

Welcome

As you begin your time together, welcome participants, distribute any handouts, provide additional information specific to your locations, and provide the opportunity for participants to introduce themselves. There is a short introduction at the beginning of each session for you to read aloud to introduce participants to the presentation topic.

Lectio Divina Prayer

Each session begins with prayer in the style of Lectio Divina. You can follow the presentation to guide participants through the prayer. Lectio Divina is a flexible and easy way to pray with Scripture which you can easily adapt to include discussion as time allows. Learn more about Lectio Divina with this short **Lectio Divina** video.

Reflection Video & Questions

The video reflection is intended to help participants grow both spiritually and in knowledge of the faith. When you start the video, you can select the option to view it in full screen (on the bottom right side of the video window).

The reflection questions afford participants a period of personal reflection on the content of the video. This silent and reflective pondering allows the Holy Spirit to deepen one's awareness of what God may be revealing in that moment. This time will also allow participants to form their thoughts for the group discussion.

Instrumental music is included after the reflection questions for those groups that would like background music during this time of silence.

There is also a PDF of the questions linked under the music. You may want to share copies of this with your participants so they can write down their thoughts and responses during the reflection time. You can also right click on the PDF link to "open the link in a new tab" to view the questions online where you can easily increase the size of the text in the PDF.

Witnesses of Faith Video

The Witnesses of Faith video shares the insight and personal experiences of a variety of parish and archdiocesan leaders. Through these stories, participants will hear examples of how others understand and live their faith. When you start the video, you can select the option to view it in full screen (on the bottom right side of the video window).

Discussion Questions

The discussion questions were designed to get the conversation started. When moving into the discussion, be attentive to allowing the opportunity for all participants to share their thoughts and comments. If you have other questions in mind that you think would resonate with your participants, feel free to include those.

A PDF with the questions is linked earlier in the presentation, and you may want to share copies of this with your participants so they can write down their thoughts and responses during the discussion. You can also right click on the PDF link to "open the link in a new tab" to view the questions online where you can easily increase the size of the text in the PDF.

Go Forth

This section of the presentation provides a time for final reflection, a moment to listen to the ways in which God is moving in one's heart, to consider inspiration that has come from the time together, and for participants to write down a key take-away from the presentation and discussion. A few resources are provided here for those who would like to explore the topic further.

Closing Prayer

As you close in prayer, it may be helpful to make these comments (or something similar) to participants before starting:

As we close in prayer, let us pause to reflect on the inspirations that have come to us during this time together...(pause for a moment)...if you have any personal prayers or intentions to lift up at this time, I invite you to share them now...(after each intention say "We pray to the Lord," all respond "Lord, hear our prayer).

After this moment of reflection and lifting up prayer intentions, you may either lead the closing prayer, or invite the group to pray the prayer together aloud (this prayer is included in the PDF handout for each session).