

PART TWO  
**BEATITUDES**

*Cultivating the Attitudes of Jesus*

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“We were put in this world to love [God] and our neighbors. Everything else passes away, only this remains. The tragedy we are experiencing summons us to take seriously the things that are serious, and not to be caught up in those that matter less; to rediscover that life is no use if not used to serve others.

For life is measured by love.”

(Pope Francis, Palm Sunday homily, April 5, 2020)

**DO NOT REPRODUCE**

## SENT TO SERVE LEADER NOTES

### PART 2: BEATITUDES

#### Turn Your Meeting Room into a Sacred Space

Be assured that the atmosphere and feeling that your group will have starts before they even walk in the door. It is important you spend some time setting up the environment to ensure that participants feel welcome and are comfortable and that it focuses everyone on the sacred sharing that is about to take place.

We recommend that you start by putting the chairs in a circle or arranging the furniture in the room so that everyone can see each other easily. The circle itself creates a sense of connection immediately upon entering it. Be sure to check the technology that you are using to view the videos and songs before the meeting starts to ensure everything runs smoothly.

Next set up a coffee table or other small table in the center of your circle. Place a Bible opened to the particular Scripture that goes with each session and a lit candle on the table. Depending on your group and the availability of these items, you may want to place a palm, a bowl of holy water, or a cross on the table as well. You may also include items that are significant to your group or parish. On a side table, make sure that you have food and drink available to provide additional hospitality to your group.

Each “BLN #” **Beatitudes (Leader Note)** corresponds to the sections in the booklet.

#### Strategies for Facilitating Your Group

##### BLN 1 The Name Game

- » Starting with the Group Leader, ask each person to say their name.
- » After a person has said their name, ask the group to repeat it in unison. (The repetition of the name reinforces it in the participants’ memories.)

- » After going around the circle once with names, add this element of challenge: Pick a person to start by saying their name.
- » Next go to the person seated next to them and ask them to say the name they just heard and then their own name.
- » The following person then has to say the previous two names before saying their own. Follow this pattern until the last person says all the names in the circle.
- » If at any point you see fear or reluctance on the part of someone in the circle, offer them the opportunity to “start over.” This means they only have to say their own name. The person seated next to them then starts the pattern over starting with the name of the person next to them only.

##### BLN 2 Opening Activities

These experiential activities are optional, but we highly encourage you to use them with your group for these reasons:

1. These activities are designed to get the participants thinking about the topic for that week’s session. For example, in Session 1, we are focusing on having an open or “pour-in” spirit, and doing the Open Bowl activity will provide a fun and engaging introduction and highlight for participants after they go home for the week.
2. While some of the activities may seem a bit simple, they are designed to invite the group to laughter and playful discussion. During the large group discussion and the small group discipling portions of the session, participants will share from the heart. The experiential activities provide the counterbalance and sense of fun that coupled with the deeper sharing creates a truly connected community within your group.

**BEATITUDES****BLN 2A Session 1: “Open Bowl”**

For this session, you will need a large bowl and a package of individually wrapped candy (ex. Hershey Kisses, Twix, etc.). Follow these steps:

- » Explain to the group that the candy represents the things we long for in life (happiness, relationship with others and God).
- » Lay the bowl upside down on the floor.
- » Pour the package of candy over the bowl. They will fall to the floor. Make the point to the group: “With a ‘closed’ bowl, we cannot receive what we long for.”
- » Flip the bowl right side up, which will allow you to “pour in” the candy. Make the point to the group that when the bowl is “open,” we can receive what we long for.
- » Say, “This is what this session is about—having a ‘pour-in’ spirit—a spirit open to God!”

Pass the bowl of candy around the group for all to enjoy!

**BLN 2B Session 2: “Symbols of Meekness”**

- » At the end of the previous session, participants were invited to bring an object to this session that symbolizes meekness to them.
- » Go around the circle, inviting participants to share why they chose the symbol of meekness that they brought.

**BLN 2C Session 3: “Altar of Memories”**

- » At the end of the previous session, participants were invited to bring a picture or holy card of someone they loved who has passed to the fullness of life.
- » Invite each person to place their picture on the prayer table in the sacred space. The prayer table should have a Bible and candle and space for the pictures. As each person places their picture on the table, ask them to say the person’s name and how they knew them.

**BLN 2D Session 4: “Through My Partner’s Eyes”**

- » Ask the group to pair up with the person sitting next to them and to turn their bodies so that they are sitting back-to-back as much as possible.
- » Explain to the group that each person will take a turn describing an object that they see in the room that their partner cannot see (a picture, an item, another person, etc.).
- » Listening to the clues given by their partner, the other person will try to guess what they are describing.
- » After both people have had the opportunity to be both the person talking and the person listening, bring the group back together.
- » Point out that this activity relates to what we are going to be focusing on today—seeing not only with our physical eyes but also with the eyes of our hearts!

**BLN 2E Session 5: “Examples of Mercy”**

- » To get the group thinking about the concept of mercy, ask participants to share an example of mercy from a book or movie that comes to their minds.

**BLN 2F Session 6: “What Satisfies You?”**

For this session, you will need two large pieces of newsprint or a whiteboard.

- » Before the participants arrive, on the newsprint or whiteboard, list 6-8 different foods and 6-8 different beverages.
- » Leave space underneath each word for people to write their names under the food or drink that most satisfies them.
- » At the top of each paper write “What satisfies you?” Your paper might look like this:

<i>What satisfies you?</i>			
Coffee	Water	Iced Tea	
Soda	Wine	Juice	Lemonade

- » After everyone has written their names under their choices, look at the overall picture and make observations (e.g. “Looks like most of us are satisfied by water!”). This allows the group to get to know each other on an easy and fun level.
- » If your meeting room does not have access to a whiteboard or large pieces of paper, you can simply name some beverages and ask participants to vote by raising their hands to indicate what satisfies them most.
- » Say, “Today we are focusing on how our hunger and thirst for righteousness will satisfy.”

### BLN 3 Videos

You will need a media device/player for these sessions. All videos needed for these sessions are available in the “Parish Pack” that includes the “NOOMA” DVDs. The videos may be available from other sources online, but this cannot be guaranteed and there may be ads.

### BLN 4 Small Group Discipling—Cluster Sharing

Before giving any instructions, ask participants to form groups of two or three, and, if possible, to move their chairs so that they are sitting in smaller circles “knee to knee.” If you are in a space where moving chairs is not feasible, simply instruct the group to turn to their partners. The goal of this is that each group focuses only on each other and not on others around them. Explain that they will be sharing with each other their own stories. Give the group verbal cues for timing. For example, say, “I am going to give you 10 minutes to talk. Each person should be given three minutes to share his or her story. I will help you with this timing. You only need to focus on sharing and listening to each other’s stories.” After three and six minutes, announce, “You should be finishing up with the first person and moving on to the second (third) person’s sharing.” This process is to help ensure that all participants get a chance to speak and be heard.

### BLN 5 Small Group Discipling—Reporting Out

When each group has finished sharing, call the participants back to the large group. Ask them to move their chairs back into the large circle as a way of refocusing the group on the whole. Ask groups to share some insight that came from listening to each other’s stories. Not all groups will need to share. Ask one person to write the insights on a large piece of newsprint or a whiteboard. If these are not available, it works just to repeat what each group said to emphasize each point. Help the group to identify any patterns, common experiences, or insights that emerge from this sharing.

### BLN 6 Songs

Before the session, search for the song title and artist (listed at the end of the session) on YouTube, or your preferred streaming platform, and have it ready to play for the group.

### BLN 7 At the end of Session 6

At the end of this session reaffirm that we can “taste and see” the goodness of the Lord in each other!