



Life in
Christ

Welcome to Life in Christ - a DVD resource designed to support small groups to reflect on the Catholic Faith and to grow deeper in their relationship with God.



We encourage groups to form in Parishes, Universities, Colleges, and Schools. The material is versatile and could be used with young adults, sixth form groups, RCIA or with those wishing to explore their faith further.

Starting a Life in Christ group

- Speak to your Priest or Chaplain
- Identify a few leaders (minimum of two)
- Look through the leaders guide and online resources and download the handouts from scys.org.uk/lifeinchrist
- Choose a suitable venue, time, format and frequency
- Publicise your programme, encourage with personal invites
- Ask people to pray for the group
- Welcome and begin the course

Leader's Guide

The material is not going to be a Hollywood blockbuster but it is designed to introduce the topic, encourage conversation and to act as a stimulus to the theme. Naturally the DVDs will not be able to provide every answer to every question that you may have. Try to think of them as a launch pad, providing input and generally unpacking key themes of the Catholic Catechism.

- On the first week establish a format for how the sessions will work e.g.
 - Encourage active listening to the input without comment
 - During discussion one person speaks at a time
 - Value each other - even if there is disagreement
 - Encourage everyone to speak
 - Support each other in exploring and living out your faith
 - Don't judge anyone in the group on their lifestyle or opinions; if people choose to attend they are seeking Christ in their lives
- Familiarise yourself with the material
- Use the DVD and questions to start the conversations
- The leader is there to facilitate the process not to know all the answers.
- Don't get hung up on the presenters style or appearance
- Maybe you disagree with what you have heard; feed this into the discussion
- Try and keep focused on the theme
- Use either the YOUCAT or Catechism to explore answers together (don't just say the Church teaches this). Can someone look that up in the Catechism? Or in Scripture. (This will help the group engage with texts)
- Faith development is not necessarily age related, living a life in Christ is a lifelong journey not just for the length of the programme
- Some people may struggle with some of the teaching, but encourage them to stay with the programme. It might be helpful for them to talk with someone outside the group e.g. priest, religious, family member, friend, catechist or youth minister
- Remember the enthusiasm you had yourself when you heard something new from scripture or a teaching of

the Catholic Church. The discussion may create a sense of awe and wonder

- Bring each session to a good conclusion
- Finish with *Lectio Divina* and prayer

What you will need

- Depending on the size of the group a couple of Bibles, Catechisms, YOUCATs and Sunday Missals
- Refreshments
- A focus for prayer (e.g. Icon, crucifix). You may decide to move into a church or chapel
- Some fitting music may help reflection
- The appropriate handout for the session downloaded from scys.org.uk/lifeinchrist

Suggested format

- Welcome and refreshments

Week One - Spend some time getting to know each other. Go around the group ask people to introduce themselves. Ask the group some questions to focus this

Tell us something interesting - What do you like doing? Interesting fact? If appropriate ask the group why they have come here. Reassure the group. We want to create an environment where it is safe to question and not be judged. Discuss format and expectations

- 'Check in'
 - How are you? How has your week been?
 - Have you had any thoughts on the last session since we last met?

- This time is important in forming a group that will support and challenge each other on their journey of Faith. It is important to give time in each session for developing these relationships.
- Introduce the topic and distribute the handout
- Start with the Prayer
- Play the appropriate session from the DVD
- Encourage the group to make personal notes on the back of the handout
- Start the discussion using the questions or other questions that may come out from the material
- It is important to facilitate the discussion to keep it on track. It might be that for certain topics some of the group are not ready to hear the particular point or teaching. Move the discussion on acknowledging the difficulty
- Keep to a time maximum of about 40min - hopefully the discussion will be fruitful
- Try to change the space for prayer/*Lectio Divina*, or move to a church or chapel
- Finish with prayers of Intercession - what would the group like to pray for? Conclude with an Our Father

Introduce other experiences

You may want to have a break from the material some weeks. The following may make a good addition the programme:

- Mass together as a group
- Social time; an evening/day out; a meal
- Reconciliation service (you might organise one for others in the community)
- Retreat day or weekend
- Extended prayer or adoration

Encouraging service and prayer also helps us to develop and grow. Faith is not an academic subject but something that should be lived.

Within the Catholic Church we are blessed with a wealth of organisations and movements that witness to the Gospel through service.

Can you get involved in groups or activities?

e.g. Children's liturgy, SVP, YCW, Youth groups, Justice and Peace

What can you do in your local communities?

e.g. Food bank, environmental projects, visiting the housebound

How can you have an impact on our global community?

e.g. Supporting CAFOD, raising awareness, fundraising, campaigning

Important to consider

It is essential to provide a safe environment for the group.

- Is the venue suitable? It is often best to use parish rooms or a hall as this should comply with Health and Safety requirements and Insurance
- Be aware of any special needs or extra support requirements within the group. (The programme does have subtitles)
- How do we ensure people can be open and not be judged on their contribution?

Under 18s

If the group has under 18s ensure that leaders have the appropriate training and DBS checks. Recruitment should be in line with safeguarding policy and procedures. Young people should have appropriate consent to take part.

Take into account the level of the material. Although those presenting have endeavoured to use clear everyday language, some of the content will introduce teaching that may be new to the group and will require more time to discuss.

Over 18s

Someone will still need to lead the group to ensure the sessions are run properly and to facilitate discussions.

References

Scripture quotes are taken from the New Revised Standard Version - Catholic Edition.

Cardinal Christoph Schonborn (editor), YOUCAT, San Francisco: Ignatius Press, 2011

Geoffrey Chapman, Catechism of the Catholic Church, Avon: The Bath Press, 1994

Biographies

We would like to thank each of our contributors for giving freely of their time and knowledge.

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Disc One

Part One: I Believe in God

1. Revelation - Fr Mark Harold
2. Word of God - Fr Nicholas King
3. Faith - Dr Maureen Glackin
4. Creation - Dr Anthony Towey
5. Being Human - Dr Anthony Towey
6. I Believe in Jesus - David McLoughlin
7. Holy Spirit - Dr John McDade
8. Trinity - Prof. Gavin D'Costa
9. Life, Death and Resurrection - Fr Timothy Radcliffe
10. When We Die - Fr Timothy Radcliffe
11. Communion of Saints - Prof. Gavin D'Costa
12. Mary - Dr Gemma Simmonds
13. Models of Church - Rev. Dr Paul Rowan
14. One, Holy, Catholic and Apostolic - Rev. Dr Robin Gibbons
15. Other Religions - Dr John McDade

Disc Two

Part Two: Christian Mysteries

1. Liturgy - Rev. Dr Robin Gibbons
2. Sacraments - David Wells
3. Baptism - David Wells & Dr John McDade
4. Confirmation - Káren North
5. Eucharist - Dr Anthony Towey
6. Reconciliation - Bishop John Arnold
7. Sacrament of the Sick - Fr Paul Mason
8. Marriage - David Wells & Leonora Butau
9. Vocation - Sr Cathy Jones

Part Three: Living a Life in Christ

- 1a. Why Are We Here? - Fr Dominic Howarth
- 1b. Why Are We Here? -- Fr Dominic Howarth
2. The World Around Us - Dr Amy Daughton & Susy Brouard

Disc Three

- 3a. The Ten Commandments - Fr Nicholas King
- 3b. The 1st, 2nd & 3rd Commandments - Fr Nicholas King
4. Honour Your Father and Mother - Tarcisius Mukuka
5. Do Not Kill - Laura Cunniffe
6. Do Not Commit Adultery - Leonora Butau
7. Do Not Steal - Dr Anthony Towey
8. Do Not Bear False Witness - Tarcisius Mukuka
9. 9th & 10th Commandment - Dr Philomena Cullen

Part Four: Prayer

1. What is Prayer? - Fr Stephen Wang & Fr Damian Cassidy
2. How to Pray - Fr Damian Cassidy
3. Hail Mary - Dr Gemma Simmonds
4. Our Father - Bishop Kieran Conry

Extras

1. Living a Life in Christ - Dr Amy Daughton
2. Living a Life in Christ - Sr Cathy Jones
3. Living a Life in Christ - Fr Damian Cassidy
4. Living a Life in Christ - Dr Gemma Simmonds
5. Living a Life in Christ - Bishop Kieran Conry
6. Living a Life in Christ - Dr Philomena Cullen