

Vinspiration

Welcome

Welcome to our monthly reflection programs – Vinspiration.

In the lead up to World Youth Day 2008, each month we will prepare and publish a Vinspiration Reflection Package and it will contain the following:

Reflection Outline;

Saint Profile;

Reflection questions

Reflection Outline

Each month we will structure the reflection outline in the same format. This will mean that month by month you will become familiar with the program and how to best let the Holy Spirit work effectively, whether you are facilitating a group or reflecting individually.

Each reflection should take 60 – 90 minutes depending on the size of your reflection group and also how much discussion is sparked around the questions that are being answered.

The structure will be as follows:

1. Welcome

2. Preparation

This section will tell you about what you need to do, and materials you need to gather or prepare prior to the scheduled time for your group/individual reflection. Taking a small amount of time to prepare will ensure that the reflection time you spend growing with the Holy Spirit and learning about the Vincentian charism and Saints is meaningful for each person involved.

3. Our Inspiration...

This section will give you a facilitation guideline for the first major section of the reflection for this month. It will include getting to know some of the basic information about the selected saint, getting to know their works and what their contribution to the formation of the Vincentian family was. If you are facilitating a group, then this section should take approximately 1/3 of the time you have allocated for your monthly reflection meeting.

4. In Our World Today...

This section will give you a facilitation guideline for the second major section of the reflection for this month. Building upon section 1, this section will be focussed on how the teachings and works of the selected saint are relevant in our lives today. The majority part of your reflection should be invested in discussion and reflection on this area of the reflection process. This will ensure that each person participating in the reflection each month begins to gain an understanding of how God is working in this day and age as he worked through our Vincentian Saints.

5. Let Us Pray...

This section will be a guideline for the closing prayer for your reflection.

Whilst we will endeavour to do our best with designing the Vinspiration Reflection Outline to help you gain the most out of your reflection experience as you journey toward World Youth Day 2008, please don't hesitate to be creative and tailor the program to suit yours' and your groups' needs.

Saint Profile

Each month a particular Vincentian saint will be selected and the teachings and lessons of their life will be the focus for the monthly reflection. You will be able to read about all of the basic biographical details of our blessed saints lives', their values and contributions as well as their works and how they continue today.

Reflection Questions

In addition to the questions included in the reflection outline, we will include some more questions particularly relevant to the biography of the saint and how their lives affect us today. These questions can be used to continue discussion during your reflection meetings; alternatively they can be taken away by your participants for prayer later.

If you have any questions, comments or suggestions please contact wyd@cmaustralia.org. We would love to hear from you! Thank you for joining us on the journey towards World Youth Day 2008, Good Luck and God Bless!