

CAF✠**D**

Catholic Agency for
Overseas Development

Mission workshop

**A retreat session
focusing on
vocation,
mission and
discipleship.**

Mission workshop



“Let us not love with words or speech but with actions and in truth.”

1 John 13

Leader's notes:

This session can be used for retreats, workshops, days of reflection or any context where the theme touches upon vocation, mission or discipleship.

Participants will do some deep thinking about who they are, their talents and skills, and how they can offer their gifts to the building of the kingdom of God.

This resource can be used for either one of the three themes of **V** vocation, **M** mission or **D** discipleship. Sections are colour coded by theme.

Length: 1hr 30 mins. Some sections may take longer if you wish for a deeper conversation.

Aims: Participants in teams will explore what drives them, their skills and passions, and how they can work together to bring about fullness of life for all.

“The first duty of love is to listen.”

Paul Tillich

The string game

Resources: String for each group



This icebreaker is based on trust and good listening. Encourage everyone to get fully involved!

Give a group of between 6 and 10 people a piece of string and ask them to form a circle with it, each having two hands on the string (one person holds both ends of the string in one hand).

Tell them that this is a game based on trust, they need to close their eyes and not look. Ask them to create a triangle with the string, with their eyes closed and everyone still connected to the string. After two minutes, give a ten second countdown, and ask them to open their eyes and look at the result. Ask them to consider what worked well and what didn't.

Say that you are going to ask them to make other shapes, but give them a couple of minutes to form a strategy (eg. some groups may give each team member a number, some may ask one person to take the lead).

Then ask them to stand in a straight line with each person holding the string, close their eyes, and create the number 2.

Afterwards, ask, did their strategy continue to work, or did the change in context (no longer in a circle) mean that the strategy was unhelpful?

The activity shows that in order to solve problems we need to **listen and be in dialogue**, and that strategies may work initially but need tweaking when the context changes.

M V D This approach to listening and dialogue is essential as we discern our **V** vocation, our **M** mission and how to be a **D** disciple.

Listening to others and being in constant dialogue is essential for us to understand and to grow as individuals. We rarely have all the answers.

In a justice context, we also need to be able to empathise (not simply sympathise) with others; we need to see situations from others' perspectives.

10 MINS

Resources: Chalk or string to make a quadrant on the floor; Quadrant printouts.



This next task splits your group into four teams (or eight, for large groups).

Getting to know yourself is an essential part of any serious spiritual development. It helps us to recognise not only our differences, but also our gifts. This exercise helps young people to think about who they are and what gifts they can offer.

Mark out the room into four sections using chalk or string. Or just get the participants to use their imagination. Put one of the printouts below in each square:

1. Expressive
2. Driving
3. Analytical
4. Amiable

Ask the questions in the questionnaire below. They will help the participants discover more about themselves. Are they extrovert or introvert? Do they thrive more on relationships or on information and data?

Ensure participants think for themselves and do not just follow their friends, or follow the crowd. At each question ask each participant to stand somewhere on the continuum of the Y axis (introvert vs extrovert) in response to the question. Then ask them to stay where they are.

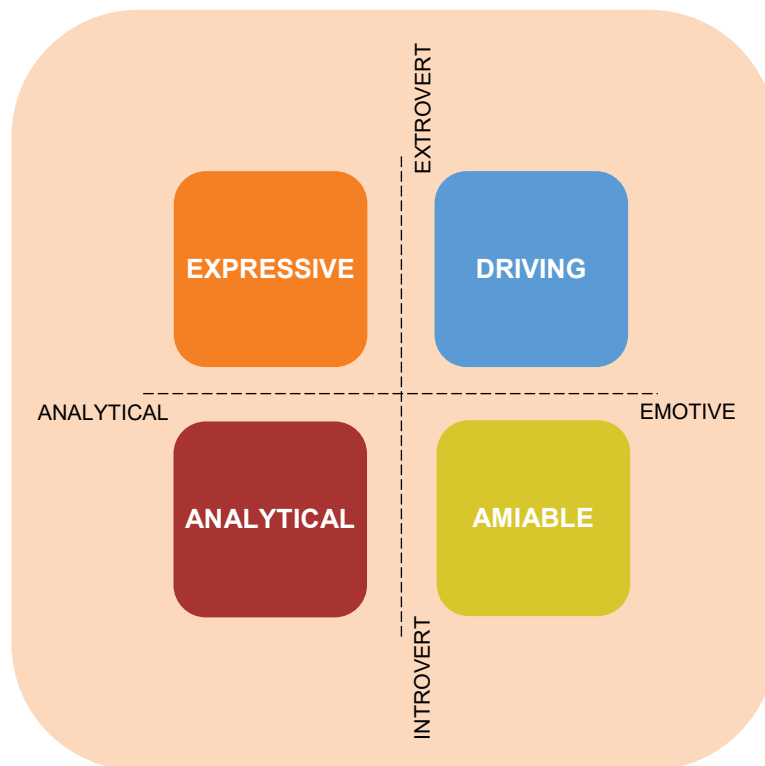
Now ask them the second question and ask them to move along the X axis (analytical vs emotive). They should all end up in a square.

Ask those in the middle to choose a side to stand on.

Ask them to remember or note down their number for that question.

At the end of the questions, ask them to work out their dominant number.

Read out the results to the group. If there is no dominant number, ask them to identify which category best describes them.



M V D Understanding what our vocation is, or what it means to be a disciple, or what our mission is, all rely on a simple truth that there are many ways to find our vocation, to be a disciple and to live our mission in life. This exercise helps participants understand their differences and know that they are to be celebrated rather than overcome. In choosing our path in life, it helps to understand our unique gifts so we can offer them to bring about a better world for all.

35 MINS

QUESTIONNAIRE: For each question ask the participants to stand along the continuum. The more strongly they agree with the statement, the closer they stand to the end of the axis. If they feel less strongly, they stand somewhere in the middle. Encourage them to self-reflect and think for themselves, not just to follow their peers.

Question 1 - y axis

Meeting new people

I find it really easy to make new friends and talk to strangers. [Extrovert] I am very reserved, finding it easier to stick to the friends I already have. [Introvert]

Question 1 - x axis

Making difficult decisions

When making difficult decisions I tend to go with the gut and with my feelings. [Emotive] I carefully weigh up the pros and cons for each difficult decision. [Analytical]

Question 2 - y axis

Talkative

I am talkative, I enjoy it when people pay attention to me. [Extrovert] I am reflective, I only speak if I think I have something worth saying. [Introvert]

Question 2 - x axis

Reading

When I read, I prefer to get to the end, skipping over some of the details. [Emotive] I spend time carefully reading each part making sure I understand it before moving onto the next section. [Analytical]

Question 3 - y axis

Socialising

I enjoy being around big crowds. [Extrovert] I prefer to be by myself. [Introvert]

Question 3 - x axis

Shopping

When I buy new clothes I look for something that I think other people will approve of. [Emotive] When I buy clothes I look for something which is practical and will last a long time. [Analytical]

Please note, this is a simple personality activity based loosely on the Merrill-Wilson personality type. More complex personality resources are available (for example, Myers-Briggs). But given the time constraint don't get too caught up in confirming the results. A fuller and more accurate personality review would take over the whole session. Please just use this as a springboard into the next section. If participants disagree with the category they find themselves in, encourage them to stand where they think best. For further exploration on this subject try 16personalities.com

When you have finished the questions, ask each participant to go to the square where they mostly ended up. Then give someone the card to read out the results.

1. Expressive

You are a "natural" people person. You enjoy socialising and talking, and you may often over commit yourself by attempting to please people. You are good at communicating vision, getting others excited about ideas and issues.

Gifts: great at vision and getting people together.

2. Driver

You are a driver, and possess a go-get-it-done or whatever-it-takes personality. You can seem very dominant and can be quick to take action.

Gifts: You get things done, and you ensure others get things done!

3. Analytical

You are an analytical type, constantly assessing, determining pros and cons, making lists of to-do items. You also ask a lot of questions, almost to the point of getting too much information.

Gifts: You are great at thinking things through, especially the details.

4. Amiable

You are a calm person, helping to avoid conflict where possible. You go out of your way not to upset people. You often wait until the last minute to make decisions and often go with what everyone else is doing. You are a deeply emotional person who wants harmony.

Gifts: You help to keep the team together and help to avoid conflict where possible.

If time allows you can:

Keep the participants in their respective groups and get them to discuss the personality results. Are they true? Do they reflect them in any way? Do they think they belong to this group or feel better placed elsewhere? Have they different gifts to offer? What are their gifts?

M V D In what ways do our personality types shape how we approach mission, vocation or being a disciple?



EXPRESSIVE

You are a “natural” people person. You enjoy socialising and talking and you may often over commit yourself by attempting to please people. You are good at communicating vision, getting others excited about ideas and issues.

Gifts: great at vision and getting people together.

2

DRIVING

You are a driver and possess a go-get-it-done or whatever-it-takes personality. You can seem very dominant and can be quick to take action.

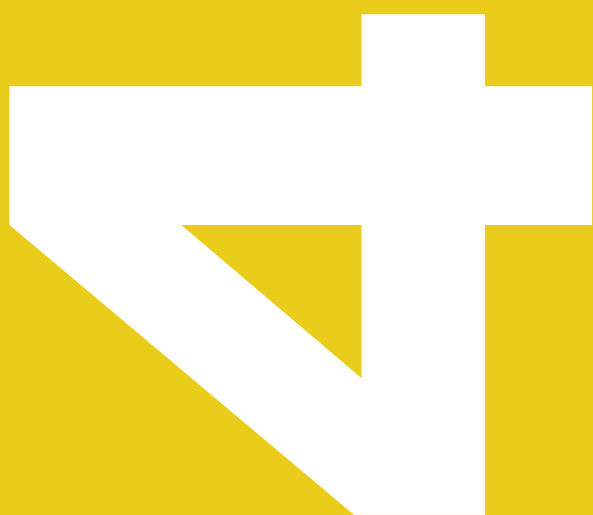
Gifts: You get things done, and you ensure others get things done!



ANALYTICAL

You are an analytical type, constantly assessing, determining pros and cons, making lists of to do items. You also ask a lot of questions, almost to the point of getting too much information.

Gifts: You are great at thinking things through, especially the details.



AMIABLE

You are a calm person, helping to avoid conflict where possible. You will go out of your way not to upset people. You will often wait until the last minute to make decisions and often go with what everyone else is doing. You are a deeply emotional person who wants harmony.

Gifts: You help to keep the team together, helping to avoid conflict where possible.

Mission workshop

WHAT'S THE PROBLEM?

Resources: Masking tape or chalk to make a quadrant on the floor

M V D

In 'What's the problem?', participants work together as teams to find solutions to problems on their activity cards.

The key to this activity is ensuring that the participants think about their unique gifts and realise their differences are to be celebrated.

First, split your group into teams of four. Try to get a good mix of personality types in each group. You could just go around the room assigning a number to each person from one to four.

Ask them to gather in their groups. Get everyone to remind their team members which personality type they came out as in the last exercise. Encourage team members to play to their gifts.

Give out task cards and ask the groups to sit down and read them.

ACTIVITY TYPES

For the next section, choose one of the activities below, depending how much time you have.

Dragons' den

Ask each group to plan a campaign. Then they make a presentation of their idea to a panel of 'dragons' who will quiz each group on its idea. The panel can be made up of 3-5 people. Each 'dragon' makes an 'offer' based on whether they think the idea will work. The team with most offers wins.

Poster power

Ask each group to design a poster for their campaign. They will have to work together on what the key message will be. They present their poster to the group for feedback.

Drama therapy

Ask each group to make a short 'advert' for their campaign, which they have to act out as a group. They only have 30 seconds of screen time, so they have to think up a punchy campaign message that could work for different audiences. Get the group to vote on the winner at the end.

10 MINS

Quick feedback

Ask each group to verbally feed back to the main group three key ideas from their campaign plan.

M How has this activity helped us to discern our mission in life? In light of some of the huge global problems we see today, what does it mean to be a missionary, to "bring good news to the poor" (Luke 4:18)?

V Finding our vocation in life can be challenging, there are so many options. So, what have we learned from this session? How can we listen more? Do we really know ourselves? How can I discern?

D Following in the footsteps of Jesus is not easy. But Jesus never said it would be easy. What have I learned from this session? How can I follow in the footsteps of Jesus to 'love one another, as I have loved you' (John 13:34)?

To end this part of the session, remind everyone that we all bring different gifts to the table. When we work together, we are like parts of the same body, working together in unity.

Action!

There are many ways that we can put our faith into action with CAFOD. Go to cafod.org.uk to find out what campaigns, fundraising activities and prayer resources are available. These change regularly.

Ways to take action with CAFOD include:

Give—raise money for those in need around the world.

Act—take part in a CAFOD campaign in your parish or school community.

Pray—for our global family, and take time to reflect on your vocation to help others.

As an example of prayer, we are now going to move into a short reflection. This is a chance to stop and reflect on the topics raised in this workshop.

1. Tackling global inequality

Inequality around the world is causing huge harm to millions of people trapped in poverty. Even when the economy grows, the benefits of that growth are kept in the hands of the rich, with very little if any going to the poorest communities. A 2017 report¹ showed the shocking statistic that eight people owned the same wealth as half of the world.

And having a job does not mean escaping poverty. Workers who have been lifted out of extreme poverty often remain very poor, in debt and struggling to feed their families. A coca farmer with a full time job can still be trapped in poverty, with less than 6% of the value of a chocolate bar reaching cocoa farmers. In the 1980s it was 18%.

To put it another way, it takes just four days for a CEO from one of the top five global fashion brands to earn what a Bangladeshi garment worker will earn in her entire life.²

Despite a huge rise in the number of millionaires, 56% of the global population survives on \$2 to \$10 a day.

Your challenge

Design a campaign to challenge global inequality. As a team you are to decide how best to do this using your talents and skills. You may want to plan a campaign for politicians or raise awareness with others, create a social media campaign to get people talking about inequality, use art, or use technology. The key task is to get as many people as possible active and working together to tackle global poverty. Good luck!

1. Oxfam report: An economy for the 99%, 2017; 2. *ibid.*

“The promise was that when the glass was full, it would overflow, benefitting the poor. But what happens instead is that when the glass is full it magically gets bigger. Nothing ever comes out for the poor.”
Pope Francis

2. Living simply

The consumer lifestyles of the rich nations are a key driver for some of the great global problems we see today. This includes climate change, pollution, loss of species, global poverty and global inequality.

“Just as we need the courage to be happy, we also need the courage to live simply.”
Pope Francis

Pope Francis, in the document *On Care for our Common Home*, says that despite our increased awareness on eco-issues (such as recycling and carbon footprints) we have not slowed down on how much we consume and throw away. In fact, our appetites are growing. Our consumer lifestyles are causing huge problems for our planet and hurting the poorest communities around the world.

Pope Francis invites us to, “return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack.” (LS 222).

But this is very difficult to do. How can we persuade people to find joy in what they have (living simply), rather than always wanting more (consumerism)? To buy less and be happy as a result?

Your challenge

You must design a lifestyle campaign that encourages others to live simply. As a team you are to decide how best to do this using your talents and skills. You might plan a social media campaign or find other ways to get people talking about living simply. You may want to use art, technology, posters, or broadcasts. The key task is to get as many people as possible reflecting on their lifestyles and living more simply. Good luck!

3. Clean water

Without it, survival is not possible, yet more than 1 billion people still wake up each morning with no access to clean water. This means that millions of vulnerable families around the world do not drink, cook, or bathe with clean water—a basic natural resource that we too often take for granted in our homes.

Globally, the figures are shocking. 3.4 million people die each year from scarce and contaminated water sources, and millions of women and children spend several hours each day collecting water from distant and polluted sources.

The time spent walking the average distance of 3.7 miles for clean water is time not spent on an income-generating job, caring for the family, or attending school. At any time, half of the world's hospital beds are occupied by patients suffering from diseases associated with unclean water.

This problem is so huge that we all need to work together to help tackle it. By working together, we can reach out and help the poorest communities still facing the daily reality of drinking contaminated water.

Your challenge

Design a fundraising campaign to help provide clean water for communities around the world. As a team, you must use your talents and skills. How will you promote your fundraising campaign? Will you use posters, banners, stickers,? Or will you go digital and create an online social media challenge? How will you ensure your ideas are realistic? Don't forget to work together! Good luck!

“Water is the most essential element for life, and the future of humanity depends on our capacity to guard and share it.”
Pope Francis

4. Freedom from hunger

Despite the development in food technology, transportation and production, hunger is still a significant global problem. Some 800 million people in the world do not have enough food to lead a healthy active life. That's about one in every ten people on earth.

And this is despite the fact that there is enough food for everyone on the planet. Our global food system is broken.

Food waste is also a big issue. A third of all food produced gets lost or wasted. That's enough to feed three billion people. And in sub-Saharan Africa, food waste can be a real problem when poorer farmers do not have the resources to store or move to market the food that they have grown to sell.

Ensuring that we create a world free from hunger requires a change in the food system, including supporting some of the poorer farmers with resources and infrastructure to sell their produce to others.

Your challenge

Design a fundraising campaign to promote a world free from hunger. As a team, you are to decide how best to do this using your gifts and skills. You might want to plan a social media campaign or find other ways to reach people. You may want to use art, technology, posters, or have other ideas. You decide as a team! The key task is to get as many people as possible supporting your fundraising campaign to make a real difference to some of the poorest communities in the world. Good luck!

“The right of every person to be free of poverty and hunger depends on the duty of the entire human family to provide practical assistance to those in need.”
Pope Francis

Opening meditation

Either play relaxing, background music or conduct the meditation in a silent space. Encourage people to sit upright, with straight backs, and to be attentive.

Leader

Before we start, let's take a moment to stop and listen.
Let's close our eyes.
Let's slow down and reflect.

[Pause]

Be present. Be here. Be still.

[Pause]

Be present to your breath.
Breathing in.... and breathing out...

[Pause]

We spend most of our time listening with our ears. Now we will be listening with our hearts, which requires a different way of listening.

So, to begin, ask yourself, "**How do I feel?**"
Listen to your body's response.
Do you feel happy?
Do you feel anxious?
Safe? Or awkward about this meditation?
Be honest. Answer yourself about how you feel.

[Pause]

Again, be aware of your breathing.
Breathing in... and breathing out...

Now ask another question in your heart:

M V D "**What am I called to do?**"
(or choose an alternative below)

- M** What is my mission in life?
- M** Where am I going?
- V D** Do I listen to God?
- V D** How can I follow in Jesus' footsteps?
- M** What's my place in the Church's mission?

Don't answer with the head; search your heart.

[Pause]

When you are ready, open your eyes and return to the room.

15 MINS

Lectio Divina

We will now have a reading taken from Saint Paul writing to the Corinthians. (1 Corinthians 12:12-27)

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

For in the one Spirit we were all baptised into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

Indeed, the body does not consist of one member but of many.

The members of the body that seem to be weaker and indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this.

But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another.

If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

[Pause]

We will now read this again, but this time listen more deeply. Choose a word or a phrase that jumps out at you and hold onto this. You won't be sharing this with anyone.

[A second reader re-reads the passage, more slowly]

Whatever your word or phrase is, you are invited to use it as a 'mantra' for the next part. That means you will repeat it over and over in your mind and allow it to take you to a deeper place.

Each time you say the word or phrase, listen to your heart, and to how your body responds. Keep going, and be patient. Keep repeating.

Closing prayer

Loving God,
Awaken within us our calling to be a disciple of Jesus,
To bring good news to the poor,
To set captives free
And give sight to the blind.
Awaken in us our gifts and talents
So that they can be used in service to others.
Awaken within us our mission to build a better world,
Where all can enjoy fullness of life.
We make this prayer through Christ our Lord. AMEN

Opening meditation

Find a place where you can be quiet for our guided meditation. Try sitting upright so that you can be attentive throughout this meditation.

Reading for the reflection

1 Corinthians 12:12-27

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

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To help with your 'mantra', try breathing in slowly and in your mind repeating the word or phrase each time you breathe out.

Each time you say the word or phrase, listen to your heart, and to how your body responds. Keep going, and be patient. Keep repeating.

Closing prayer

Loving God,

Awaken within us our calling to be a disciple of Jesus,
to bring good news to the poor,
to set captives free
and give sight to the blind.
Awaken in us our gifts and talents
so that they can be used in service of others.
Awaken within us our mission to build a better world,
where all can enjoy fullness of life.

We make this prayer through Christ our Lord.
AMEN



Picture credit: Annie Bungeiroth

Putting our faith into action

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