

Practical Advice

Facilitator's Directions – Short Version

Letter #4050

The FACILITATOR welcomes the group by saying: Today's news often brings the latest terrorist attacks throughout the world. As we watch television or read these stories it's hard to imagine how people live during wartime.

The FACILITATOR distributes Letter #4050, and continues: The Foundress of the School Sisters of Notre Dame, Mother Theresa Gerhardinger, gives some practical advice to her sisters living in war torn Germany of 1866. Let's read it together. Listen for those aspects that cause you the greatest fear. Circle them on your paper.

After the reading is completed, The FACILITATOR says: Now find a partner and share two of the incidents named that would be the most fearful for you.

When the group has had a few minutes, invite individuals to name what they chose. What made them select those two experiences above others?

The FACILITATOR challenges the group by asking: Do you agree with Mother Theresa's theology? Do you feel any responsibility for war/terrorism? (i.e. ideas about lack of forgiveness in families or relationships leading to anger might surface. Many say that today's greatest challenge in the global community is learning to manage anger. We know that anger in its final phase is called war.)

The FACILITATOR asks: What would you take with you if you had to leave your home because of war? Would photographs be included among your most treasured items? What about clothing? Money? Books? What did Mother Theresa suggest the sisters include in their suitcase?

The FACILITATOR concludes by saying: Let's take about fifteen minutes to focus our attention by writing a journal entry. Let your mind and heart be free to express whatever you wish. Begin your writing with the simple phrase: "If I had to leave my home tomorrow because of war I would take ..."

When the time for writing is completed The FACILITATOR says: Find a partner and share what you have written or share with the group. After the sharing invite the group to conclude with a prayer or hymn. There may be a popular song that would be appropriate or a patriotic song as well.