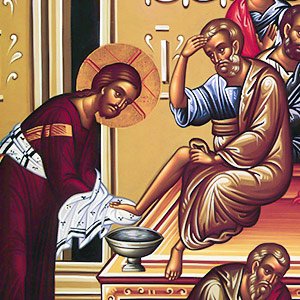
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|  | **Down and Connor**  **Catholic Schools’ Support Service** |  |
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**Service**



*“Be servants to one another in love”*

***Galatians 5:13***

**Welcome**

***Allow staff a few minutes to “settle down”.***

***Put everything down on the floor.***

***Sit comfortably.***

**Leader**

**Sign of the Cross**

In the name of the Father

and of the Son

and of the Holy Spirit

Amen

**Introductory Comments**

* As we begin our session today let us think about what we most want to share with others.
* What do we want to receive from others?
* How willing are we to make decisions that contribute to a balance between giving and receiving?
* As you sit quietly breathing, notice the rhythm of your breath. This rhythm is similar to the service we give. We breathe in – we receive. We breathe out – we give.

**Leader**

***Choose different people to read the passages from the bible.***

***Read the passages slowly, allowing time for participants to listen to and hear the words.***

**A reading from the Gospel of St Luke 6:38**

Give, and there will be gifts for you: a full measure, pressed down, shaken together, and overflowing, will be poured into your lap; because the standard you use will be the standard used for you.

**A reading from the second book of Corinthians 9:6-8**

But remember: anyone who sows sparsely will reap sparsely as well – and anyone who sows generously will reap generously as well. Each one should give as much as he has decided on his initiative, not reluctantly or under compulsion, for God loves a cheerful giver. God is perfectly able to enrich you with every grace, so that you always have enough for every conceivable need, and your resources overflow in all kinds of good work.

**Self-Reflection**

***Some ideas to help direct self-reflection. The idea is that staff have an opportunity for quiet, personal reflection and prayer. You may wish to play instrumental music for the self-reflection period.***

**Some thoughts to aid quiet reflection**

* What do these Gospel passages say to me about giving and receiving?
* Do you have to receive in order to give? Think of a time when you gave to someone but your effort was not returned. How did that make you feel?
* Let us reflect on two earlier thoughts: what do we want to receive from others?
* How willing are we to make decisions that contribute to a balance between giving and receiving?

**Concluding Prayer**

*Response to each:* ***I give generously. I receive gratefully.***

When I am asked to go the extra mile and then some …

When I listen to an endless talker with my full attention …

When I open my mind to set aside judgement and bias …

When I turn toward a difficult person I prefer to ignore …

When I accept another’s help even if I can do it myself …

When I take a big risk and speak out for justice …

When I give of my time rather than keep it for myself …

When I allow myself to be vulnerable instead of being strong …

When I let others take over rather than demanding to be in charge …

When I listen to affirmations about the worth of my ministry …

***Commitment to Give and Receive, Joyce Rupp***

Jesus, you are our example of giving and receiving.

We remember how you took time to be quiet and pray, away from the crowds.

Help us to take this moment and use it as spiritual recuperation in our lives,

a moment when we can speak to you and deepen our relationship with you.

Grant us the wisdom, inspiration and discipline to cultivate a healthy balance

between generous service to others and compassionate care of ourselves.

Amen

**Suggested Music**

My New Commandment, Ephrem Feeley

Christ Has No Body Now But Yours, David Ogden

God is Love, Richard Proulx