



Grace-Filled Aging: The Beauty and Wisdom of Life's Second Half

Schedule of Activities:

9:00-9:15 *Registration and Breakfast*

- Women sign in and fill out name tags and, if desired, bless themselves with Holy Water. They also pick up the brochure for this event and any other flyers that are on the resource table. They may also place prayer intentions in the intention basket if one is provided.
- Suggested breakfast items: Coffee, tea, water, muffins, bagels, fruit, etc. Potluck is suggested.

9:15-9:30 *Opening Song/Welcome/Theme/Grace/Opening Prayer*

- **Song:** Ask the women to refer to the brochures for the lyrics to the **Women of Grace** song.
- **Welcome:** Welcome the women and thank them for taking the time out of their busy schedule to come and join in the sacred sisterhood during this Morning of Grace
- **Instructions:** “**Before we begin our program we have a few housekeeping details...**”
Give location of the bathrooms, silence all cell phones and, “**please remain seated during presentations to minimize distractions for those around you and for the speaker.**”
- **Note to Facilitators:** You might like to use this technique to quiet the room. It is a good idea to practice this at the beginning of the morning.
- “**I will raise my hand when silence is needed. When you see me raise my hand, please be silent and raise your hand too so that the room will become quiet very quickly.**”

Note to facilitators:

At this point, you may choose to read the announcements before you begin the program instead of at the end of the program. You can remind them at the end of the program to check the resource table for more information.

Theme: By entering “The School of Mary” and asking for patient tutelage (guidance) of Our Lady I can make great progress in acquiring the virtues she emulated so perfectly to cultivate authentic and holy friendships.

Grace: I pray for the grace to grow in the Marian virtues to cultivate authentic and holy friendships.

(If you choose, you can share that grace is the “free and undeserved help that God gives us” out of His abundant love. Catechism of the Catholic Church references 1996-2000.)

Opening Prayers: As we pray this 3rd Luminous Mystery, The Proclamation of the Kingdom of God..let us ponder...Mary’s role is to bring us to the heart of God, the Father. “When I give my needs to God, I begin to grow in virtue finding a place of peace in Our Lady’s parlor.”

All pray **the 3rd Luminous Mystery** while listening to: *Praying the Rosary with St. Therese of Lisieux* CD. (This CD is recommended as there is a meditation before each Hail Mary that will allow the women to be receptive to the promptings of the Holy Spirit.)

At the end of the decade, pray...“ Our Lady, Queen of Peace, pray for us.”

9:30-10:00 Teaching DVD: WGR10982 - 3rd episode of 5 10980-10984 Grace-Filled Aging: The Beauty and Wisdom of Life’s Second Half.

10:00-10:15 *Testimony*

- Introduce speaker and give brief biography: “Please refer to your brochure for the prayer for ourselves and our speaker. Let us welcome the Holy Spirit into our hearts and into the heart of our guest speaker as we pray...”

Come Holy Spirit, fill the hearts of thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created and Thou shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Testimony: “Ladies, after hearing this beautiful testimony we encourage you to prayerfully consider sharing your testimony in the future.”

10:15-10:20 *Reflection Time*

- “Now please refer to the questions in your brochure for reflection. I will read them aloud as you read them to yourselves.”

Reflection Questions:

1.“ A faithful friend is a sturdy shelter, he that has found one has found a treasure.” Sirach 6:14. In the eternal perception, our goal is our eternal heaven. Shared experiences (holy friendships) in Christ is like a "peak into heaven." Who are the people in my life who are my "sturdy shelters?"

2. What Marian virtue, a glimpse of God, do I exemplify? What Marian virtue do I need to grow in?

- Play Ave Maria – violin and piano instrumental (Schubert)
<https://www.youtube.com/watch?v=IIuFZhn8tlQ> – instrumental
- “Take a few minutes to reflect on these questions and ‘incline the ear of your heart’ (Proverbs 4:20). You are welcome to close your eyes as the music plays if you wish.”

10:20-10:45 Group Sharing

- Instructions: “Before we break into small groups, remember just as in the Women of Grace® Foundational Study discussion time the discussion is **Confidential**. Please use the questions from the brochure. Share whatever you feel comfortable sharing and allow the Holy Spirit to guide your discussion. After the group comes together, please appoint a woman to facilitate the questions, guide the sharing time, stay on task and give the 5 minute warning before the discussion ends. **“To remember your group number, please write down your number on your brochure. At the end of your discussion time, look to the woman at your right and remember to say a prayer for her every day until we gather for the next Morning of Grace.”**
- **Note to facilitators:** Sharing time is 20 minutes. An easy method of helping the participants to get to know each other is to limit the sharing groups to 4 ladies and to count off from 1-5 or another number so that there will be no more than 4 in a group. In order for the women to remember their number, **have them write it on their brochure.** It is imperative that the facilitators participate in the small group sharing. Please allow time in your small group for everyone to have an opportunity to share. Be aware of the 5 minute warning before sharing time ends.

10:45-10:50 Women of Grace Updates

- Tell the women to refer to page 3 of the brochure as you share the Women of Grace Updates. **You may choose to make the announcements before you begin the morning’s program (before the theme and the grace). The morning may flow easier for you and not break the flow of the morning program. Remind the women before**

the closing song to stop by the resource table for additional flyers and sign up opportunities.

- Announce date of the next Morning of Grace, upcoming online and local studies, conference and retreats. Women of Grace Exclusive, Amazon Smile opportunity, social media opportunities. **Invite them to text and sign up for our online opportunities (such as the Daily Grace lines): Text WOMENOFGRACE at 22828**
- **This would be a wonderful opportunity to begin a prayer email list. Ask for a woman to volunteer to be in charge of sending out the women's prayer requests. If you choose to begin this, have a blank roster to pass around for the women's names and email addresses.**

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10:50-10:55 A Love Opportunity

*“We would like you to take a St. Rose of Lima prayer card.”
...” St. Rose of Lima was born in 1586 in Lima, Peru to Spanish colonists, and named Isabel Flores de Olivia, she was exceptionally beautiful. Her beauty was so great that she was nicknamed "Rose," a name that remains with her to this day. From an early age, Rose wanted to become a nun. She often prayed and fasted in secret. As a young woman, her beauty began to attract suitors. To deter these men, St. Rose marred her face, rubbing it with pepper to make it blister. She cropped her hair short. Her parents opposed her plan to take a vow of chastity. When she turned 20, she was permitted to join the Third Order of St. Dominic. She was known to wear a heavy silver crown, with spikes that reminded her of the Crown of Thorns. At one point, one of the spikes become so lodged in her skull that the crown was removed with great difficulty. St. Rose died in on August 25, 1617, at the age of 31. She was canonized a saint by Pope Clement X 1671.” St. Rose of Lima, patron Saint of True Beauty, pray for us.*

https://www.catholic.org/saints/saint.php?saint_id=446

10:55-11:00 Closing Prayers and Song

- **Prayer for Our Priests (attachment)**
- **Prayer for Holy Friendships (attachment)**
- **For Such a Time as This (attachment)**

Suggestions for Facilitators:

- **Please pray about developing a core group of 4-6 women, “Mary’s Handmaids,” to help with the duties for the monthly Mornings of Grace. This is an essential piece for the ongoing success of Mornings of Grace in your area. “...the harvest is abundant but the laborers are few...” Matthew 9:37**

- Carefully review each monthly format thoroughly as there will be additions or changes depending on the theme and grace.
- Reviewing the “8 B’s of a Facilitator” on page 26-27 in the *Full of Grace Women and the Abundant Life* Facilitator Guide is helpful. It is particularly important to begin and end on time. You might consider, after the program has ended, for the women to have continued conversation during clean up time. This typically is a ½ hour time period.
- You might want to send a thank you to the new ladies who attend and invite them to participate in the foundational study if they have not already done so.

Suggested Supplies:

- It is suggested that there is no charge for this Morning of Grace so to offset expenses, participants are encouraged to bring a pot luck item to share. Many are very willing to contribute specific items when they are asked. A donation jar can be placed on the resource table for monetary donations to offset expenses.
- Items that will provide a warm, welcoming setting include: sign in sheet, name tags, event brochures, flyers (Young Women of Grace and Women of Grace), and prayer intention basket with small slips of paper and pencils, holy water, statue of Blessed Virgin, open Bible, and Catechism of the Catholic Church. Have a blank roster to pass around to the women who wish to be a part of the prayer request email. A flower arrangement on the table, this could be presented to the speaker as a gift after the testimony. Flyers, brochures, etc. are available in the Facilitator Resource library: <http://www.womenofgrace.com/en-us/library/default.aspx>
- Love opportunity: St. Rose of Lima prayer cards

Suggestions for Speaker:

- Have the speaker give a 5-7 minute testimony. Have the speaker write out the testimony as this will assist in staying within the time period. Suggest that the speaker follow the format given in the Women of Grace® Foundational Study that is “I was, Jesus did, I am,” or a personal witness on the theme or topic of the Morning of Grace. Speakers may be chosen from testimonies given during the foundational study sessions or Morning of Grace sharing times. Encourage the women to share their testimonies of spiritual, emotional or physical healing as

everyone has a story to tell and this can provide an opportunity to show how God has blessed them. A suggestion for the speaker is to prepare the testimony in front of the Blessed Sacrament, either reposed or exposed.

- Have the speaker email the facilitator of the Morning of Grace a brief bio, a paragraph, to introduce her.
- In appreciation for the speaker's fiat, send a personal note or phone call to let her know that her sacred sisters are holding her in prayer. Share with her this scripture passage, to reflect upon, as she prepares her testimony.

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Jeremiah 1:5-9 - "Before I formed you in the womb, I knew you. Before you were born I dedicated you, a prophet to the nations I appointed you. 'Ah, Lord God!' I said, I know not how to speak; I am too young." But the Lord answered me, Say not, "I am too young." To whomever I command you, you shall speak. Have no fear before them, because I am with you to deliver you, says the Lord. Then the Lord extended his hand and touched my mouth, saying See I place my words in your mouth!"

Suggested Resources:

- **Email Invitation:** (sample attached) Send 2 weeks before the gathering and a reminder email sent again two days before the event.
- **Brochure:** (sample attached) It is a landscape page layout, vertically folded brochure
- **Praying the Rosary with St. Therese of Lisieux CD-** available for purchase from <http://shop.womenofgrace.com>
- **Women of Grace theme song** (lyrics and music by Lynn Cooper) available for purchase from www.womenofgrace.com
- **WGR10982 - Grace-Filled Aging: The Beauty and Wisdom of Life's Second Half with Lisa Mladinich** available as a woman of grace exclusive member at http://www.womenofgrace.com/en-us/media/tv/default.aspx#s_1309_1 or for purchase at EWTN <https://www.ewtnreligiouscatalogue.com/women-of-grace-week-of-4-18-16/p/WG00095> or by calling 1 800 EWTN Catalogue at 1-800-854-6316. Please allow five to seven business days for delivery.

•Ave Maria – violin and piano instrumental (Schubert)
<https://www.youtube.com/watch?v=HufZhn8tlQ>

For Such a Time as this on the Joyful Surrender Cd available by contacting: Women at The Well, c/o Helen McMonagle, 800 Tarpley Drive, Lancaster PA 17601. \$12.00 per CD plus \$3.00 shipping charge. All profits from the sale of CDs goes to charity. or: For Such a Time as this by Wayne Watson <https://www.youtube.com/watch?v=gd-KVtLELow> 4:17 minutes

•Prayer for Holy Friendships (<https://couragerc.org/wp-content/uploads/2018/02/Friendship-Novena-PDF-Updated-Oct-2016.pdf>) & Prayer for Priests and Lyrics for “Such a Time as This” (see attachments)

St. Rose of Lima prayer cards. 25ea purchased at https://www.catholicprayercards.org/Holy_cards_of_Female_Saints/saint-rose-of-lima-prayer-card.html or catholic bookstore

•Holy Bible, Revised Standard Version Catholic Edition or New American Bible



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