



## OUR FEMININE VOCATION ACCORDING TO GOD'S PLAN Format

### 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: Mary is my spiritual mother leading me to fulfill my feminine vocation according to God's plan.**

**Grace: I pray for the grace to receive from Mary, my spiritual mother, the fortitude to accept and fulfill my call and mission from God.**

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

**Opening Prayers: As we pray this 2<sup>nd</sup> decade of the Joyful Mysteries, The Visitation...let us ponder...In Ephesians 1:3, St. Paul tells us that in Christ we receive... “every spiritual blessing in the heavens!” What spiritual blessing do I need today?**

All pray **the 2<sup>nd</sup> Joyful 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 of Perpetual Help, pray for us.”**

**9:30-10:00 Teaching DVD series entitled: Catholic Women's Leadership 1st episode of 5 (#10551-10555) Available at: <https://www.ewtnreligiouscatalogue.com/women-of-grace-week-of-october-14-2013/p/WG00006> or by calling EWTN at 1-800-854-6316. Allow 10 days for delivery.**

**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. 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. Ephesians 1:4 tells us... “God chose us in him before the world began, to be holy and blameless in his sight, to be full of love;” ...how can I become “full of love” and reflect the face of Christ in the world?

2. “...it is for you to save the peace of the world.” (Excerpt from closing message to women from Vatican II). How do I find peace in my heart so I can bring peace to the world?

- “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.”
- Ave Maria – violin and piano instrumental (Schubert)  
<https://www.youtube.com/watch?v=IIuFZhn8tlQ>

### 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 spirit of morning. Remind the women before 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**

**“Take a look at the Holy Card you have been given of Our Lady of Perpetual Help. (Hold up the holy card)**

The image of Our Lady of Perpetual Help is an icon, painted on wood, and seems to have originated around the thirteenth century... The icon...depicts our Blessed Mother Mary, under the title “Mother of God,” holding the Child Jesus. The Archangels Michael and Gabriel, hovering in the upper corners, hold the instruments of the Passion– St. Michael (in the left corner) holds the spear, the wine-soaked sponge, and the crown of thorns, and St. Gabriel (in the right corner) holds the cross and the nails. The intent of the artist was to portray the Child Jesus contemplating the vision of His future passion... in a very beautiful way, the Child Jesus grasps the hand of the Blessed Mother. He seeks comfort from His mother, as He sees the instruments of His passion. The position of Mary’s hands– both holding the Child Jesus (who seems like a small adult) and presenting Him to us– convey the reality of our Lord’s incarnation, that He is true God who became also true man. In iconography, Mary here is represented as the *Hodigitria*, the one who guides us to the Redeemer. She also is our Help, who intercedes on our behalf with her Son. The star painted on Mary’s veil, centered on her forehead, highlights her role in the plan of salvation as both the Mother of God and our Mother. The feast day of Our Lady of Perpetual Help is June 27.

<http://catholicstraightanswers.com/what-is-the-story-behind-the-image-of-our-lady-of-perpetual-help/>

### **10:55-11:00 Closing Prayers/Closing Song**

- **Prayer for Our Priests**
- **Prayer to Our Lady of Perpetual Help**
- **For Such a time as this.**
- ***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.

### 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>

### 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.

*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](http://www.womenofgrace.com)
- **Teaching DVD series entitled: Catholic Women's Leadership 1st episode of 5 (#10551-10555)** Available at: <https://www.ewtnreligiouscatalogue.com/women-of-grace-week-of-october-14-2013/p/WG00006> or by calling EWTN at 1-800-854-6316. Allow 10 days for delivery.

- *Catholic Bible*, Revised Standard Version

To order the Our Lady of Perpetual Help Holy cards, contact your local Catholic bookstore or [www.amazon.com](http://www.amazon.com)/ - set of 100 by Vermont Christmas Co. at \$ 19.99

- Prayer for Priests (attached)
- The Prayer to Our Lady of Perpetual Help ( attached)
- 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

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