

Morning of Grace™

Program Overview and Implementation Guidelines

Note: This document supplements the *Morning of Grace™ Program Purpose, Objectives, and Policy Reminder*: Please read that document first [here](#).

Program Purpose

Women of Grace® created the *Morning of Grace™* program series as a free resource for ongoing spiritual formation for Catholic women. Typically, these “mini-retreats” are offered at Parishes following a group completing the foundational study *Full of Grace: Women and the Abundant Life*, though completion of the study is not a prerequisite for attending these program sessions. Importantly, *Morning of Grace™* provides a means to build up communities of Catholic women – in a beautiful way that our apostolate refers to as a “Sacred Sisterhood” – under the patronage of Our Lady of Guadalupe – and as such, also offers a welcoming way to invite new Catholic women into each local Women of Grace community.

As an essential first step in planning to offer this program, facilitators are asked to review the “Program Purpose, Objectives, and Policy Reminder” document linked here: <https://www.womenofgrace.com/library/135>

Description of Program

The *Morning of Grace™* program series includes 33 mini-retreats (2 hours each) on a range of important and relevant Catholic topics. Each program has a theme and a related grace. Some themes align more directly with the liturgical year – such as Advent, Lent, Divine Mercy, or Marian feast days – while other themes are relevant at any time, such as Guardian Angels, the Vocation of Women, or Friendship. Each program includes a *Women of Grace®* TV program recording in which host Johnnette Williams (Founder and President of the Women of Grace apostolate) and an expert guest discuss the session topic.

All program materials are available for facilitators to download for free from the Morning of Grace section of our library on [womenofgrace.com](https://www.womenofgrace.com). Each program includes the following components:

- Sample, editable invitation
- Session format: facilitator guide that includes a detailed outline/schedule and facilitator tips as well as a link to the session video in the TV section of the website
- Program brochure: handout for participants – including discussion questions
- Closing prayer: handout for participants

Specific program materials can be found at <https://www.womenofgrace.com/library/2> by clicking on the image related to the theme of interest.

Guidelines for Using the Program

The *Morning of Grace*™ program series has been created by the *Women of Grace*® apostolate with much prayer, expertise, and special care to offer a complete package of resources that are both easy to implement and highly effective. *It's imperative that facilitators follow the program format and discussion questions as outlined. In preparing for a specific session, facilitators start by carefully reviewing the Format document and related materials.*

Also, please note that the program Format documents for facilitators typically include **supplemental, optional resources** that can be offered to participants for continued study and/or prayer and reflection on the specific theme and grace covered. *No other resources may be offered or distributed during these sessions unless prior written approval has been obtained by the Women of Grace central team;* inquiries may be directed to facilitatorgrowth@womenofgrace.com.

When **scheduling** *Morning of Grace* offerings, facilitators may set the date, day and time that works best for them and the local community. (While named "Morning of Grace," the program can of course be held in the afternoon or evening as well.) While the program may be offered on an ad hoc basis to meet local needs, many facilitators find it helpful to offer the *Morning of Grace* program on a consistent monthly basis (e.g., during the morning of First Saturdays of the Month or on a recurring weekday evening) to help participants plan their schedules and to build up group attendance over time.)

When **determining specific themes** for each session, facilitators may consider the liturgical time of year as well as areas of interest among regular participants. Once a theme is selected, it is essential that the facilitator discern prayerfully to identify and invite a woman from the local Parish/Women of Grace community who could provide a short personal testimonial as part of the program that also reinforces the overall theme and grace for that session. Please see "Suggestions for Speakers" in the Program Format outline within each theme for guidelines to help your testimonial speaker to prepare for her talk (which should be approximately 5-7 minutes in length and written out in advance).

Note: There are a few program themes that include multiple sessions – i.e., *Edith Stein: A Woman for Our Times* (2-parts) and *Our Feminine Vocation According to God's Plan* (5-parts). Ideally these programs should be offered in a consecutive sequence.

A sample two-year monthly schedule of themes is provided below – for illustrative purposes only. As mentioned, facilitators determine the specific meeting frequency (e.g., Monthly, Quarterly) and select from the themes to best meet the needs of their local *Women of Grace* community.

Illustrative 2-Year Schedule of Monthly Themes

Note: The Morning of Grace program series can be initiated at any time throughout the year. This sample schedule utilizes 24 of the 33 available program themes.

	Month	Sample Theme (program name links to editable program on www.womenofgrace.com)
Year 1	January	Mary's Role in the Culture of Peace and the Dignity of Women
	February	True Friendship
	March	Forgiveness: Set Free by God's Healing Mercy
	April	St. Faustina and the Divine Mercy Message
	May	Triumph of the Immaculate Heart
	June	St. Joseph: The Mystery and the Man
	July	Power of the Eucharist
	August	Intercessory Prayer: The Mission to Women
	September	Our Guardian Angel: Our Messenger from God
	October	Our Lady of the Rosary
	November	What you always wanted to know about Purgatory
	December	Advent: A Time of Worship and Preparation
Year 2	January	Edith Stein: A Woman for Our Times – Part 1
	February	Edith Stein: A Woman for Our Times – Part 2
	March	Our Lady of Sorrows
	April	Discerning God's Will
	May	The Vocation of Women According to God's Plan – Part 1
	June	The Vocation of Women According to God's Plan -- Part 2

Year 2 (cont'd)	July	The Vocation of Women According to God's Plan -- Part 3
	August	The Vocation of Women According to God's Plan -- Part 4
	September	The Vocation of Women According to God's Plan -- Part 5
	October	Winning the Spiritual Battle
	November	Women, Wounds, and the Power of God
	December	Advent: Walking with Mary

Promoting the *Morning of Grace* Program at Parishes

Facilitators are encouraged to begin promoting the *Morning of Grace* series as soon as the schedule is set, and at least two weeks in advance of a session. Sample invitations that can be customized and then printed or emailed are included in the materials for each theme. Also, it's highly recommended that the program be promoted via announcements in the local Parish bulletin as well as via word-of-mouth invitations.

Experience suggests that participants will want to share the special *Morning of Grace* program by inviting friends to future sessions. To help encourage these invitations, a [sample postcard](#) has been provided that participants can fill out before leaving the session with the details provided regarding the next upcoming *Morning of Grace*. These women then can extend their personal invitations by giving the postcards to their Catholic friends and other women parishioners. Facilitators may request postcards to distribute at upcoming groups by emailing facilitatorgrowth@womenofgrace.com – being sure to include their name, mailing address, parish name and town/state, and the number of cards requested.

An abundance of blessings awaits with *Mornings of Grace*™!

