

Council Spirituality: Ways of Nurturing Individual and Group Spirituality

Lead by example. To encourage parishioners to grow in their spiritual lives, council members must encourage each other to do the same. Here are some suggestions for nurturing individual and council spirituality:

Prayer

- Invite a speaker to talk to you about prayer: the importance of prayer, the many ways to pray.
- Read a book on prayer. Some suggestions:
Thomas Keating, OSCO, **Open Mind Open Heart**
Joyce Rupp, **Prayer**
- Pray.
Spend time with God. Meditate. Pray the rosary. Go to Mass. Choose one thing and do it regularly.
- Ask your Liturgy or Faith Formation committee to invite parishioners to pray for one another. During Advent and/or Lent, ask them to create anonymous prayer partners by putting everyone's name in a basket and passing it during Mass.
- Ask your Liturgy committee to create a parish intention each month.

Retreats

- Set aside one day each year or more often for a council retreat. Invite a retreat director to lead you through the day.
- Make sure your Liturgy or Faith Formation committee provides retreats or parish missions for the parishioners throughout the year or during Advent and/or Lent.
- Explore the idea of the Busy Persons Retreat. (Google it.)

Reflection

- Read at least one spiritual book a year.
- Ask your Faith Formation committee to choose a spiritual book and start a parish book club.
- Read and Study Church documents. Choose one that addresses current issues in the parish or diocese.