

# **COMMUNITY AND GROUP BUILDING**

## **A PRAYER SESSION**

### **“THE WHEEL”**

#### **Aims of this Prayer Sesion.**

- ✓ To strengthen community ties.
- ✓ To create a sense of belonging among the group members
- ✓ To identify the "essential" elements wanted go to build a "Christian" community.
- ✓ To realize our deficiencies as community members.

#### **Uses of these jottings**

- For prayer sessions.
- For personal meditation.
- For a pep a talk or an input on community life.
- For community building exercises.

#### **Target Audience**

- Christian Communities and groups of any type.
- Religious communities, marriage encounters, Family Groups.
- Legionaries, Parish C.C. C. Youth groups.etc. .
- The closer and more knit together the group is the better.

#### **Setting:**

##### **A quiet room or chapel.**

- ✓ Participants will sit in a circle on pillows or stools or chairs
- ✓ In the centre keep a small and table with a crucifix or a picture of Our Lord.
- ✓ From the table at the centre, let there be color ribbons, nylon strings or streamers reaching out to each stool or chair.

#### **PROCEDURE:**

##### **Welcoming**

- ✓ The moderator will welcome the participants outside the chapel or prayer-room.
- ✓ They will spend some time milling around and meeting each other.
- ✓ Next, the moderator will welcome them and invite them to enter into the chapel or Prayer room.

- ✓ Once in the chapel, after a short prayer to the Holy Spirit and the singing of a hymn, the moderator very briefly will introduce the theme: We shall have a symbolic prayer meeting-cum reflection and personal examination on community building.

### **Instructions**

- ✓ Kindly, take your seats.
- ✓ Hold the string or ribbon attached to your stool or pillow with your right hand.
- ✓ Place your left hand firmly on the shoulder of the partner sitting at your left.
- ✓ Realize how a wheel has been shaped.
- ✓ There is hub, Christ on the little table in the center, the spokes, the ribbons held by all of us, and the rim, all our shoulders strung together.
- ✓ Keeping this formation let us sing "Bind us together"

### **Mini talk or Input**

Suggested ideas: We shall dwell in the symbolism of the wheel.

The centre, the hub, is signified by Christ, the central and focal point of our lives and of our group.

The rim of the wheel is signified by our us - the continuous line of our arms and shoulders. We form outer circumference, the rim of the wheel.. Without us there wouldn't be a wheel.

The ribbons are the spokes. They signify our personal union with Christ. We have to remain individually united with Christ if there is to be a wheel.

Unless each one of us remains united with Christ, the wheel will collapse. . Likewise, unless we remain united with one another, the wheel without the support of the outer rim will crush. We have to lean on one s another to keep the wheel strong.

Those three essential parts of the wheel - the hub - spokes, - and the rim - are also "essential" to form a Christian community.

**If the hub, - Christ – or if the spokes – *our personal union with Him* -, or if the rim – *our mutual supporting each other* – is missing, to build a Christian community will be an impossible task.**

**For any Christian Community these are the essential points:**

- 1. Christ has to be the centre.**
- 2. We have to remain personally united with Christ** in faith, hope and charity, in prayer and sacrament.
- 3. We have to remain united with one another** in love and mutual acceptance, respect and service.

### **Time for Personal Prayer.**

*If possible, at this moment, expose the Blessed Sacrament on the small table at the centre, Christ is the hub of the wheel*

*Ideally, commit your reflections into writing.*

#### Personal examination: and prayer

- Can we call ourselves a truly Christian group and community?
- Is Christ at the very centre of our group? Is He the main purpose and goal of our longings and endeavors?
- Are we, am I personally united with Christ in prayer, faith, hope and charity?
- Are we really united with one another? Do we forgive one another? Do we work and co-operate together as a group?
- Is there anything in our group or community spoiling our unity of minds and hearts?
- How and in what way shall I contribute to build my group or community?

The Word of God: You may read the following passages: John 15:1-1.7; 1 John 4: 7-

Spend time reflecting on the sacred text.

Time for shared and spontaneous prayer. Singing of hymns.

### **Group Sharing and Discussion**

**This step is the crucial one for any true group building.**

Before you go ahead, feel the pulse of the group.

If you feel that they are not prepared for it, drop it.

Sharing of the feelings and reflections committed into writing during the period of personal prayer above. Clarifications may be asked. *No questioning or discussion of matters shared will be entertained.*

Interaction may follow.

Adoption of personal and group resolutions, on how to improve the quality of our group or community life and work.

### **Closure**

The moderator will animate the concluding prayer.

Offering of the promises made.

If the Blessed Sacrament is exposed, Benediction follows.

End by singing an appropriate Hymn.