

Session 10: "In Tune"

Aim: a) To introduce the purpose and vision of the Taize Community and in doing so preparing pilgrims for this prelude of our WYD pilgrimage b) To experience another way of tuning into God through the Ignatian Examen.

Scripture: "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." John 15

SESSION 10
IN TUNE



Small Group Activity

1. 1 minute stardom of each group member.
2. How did people find the *Examen* as a prayer technique.
3. Reflection on the Life in Taize video clip

Big Group Activity

Group Activity

1. **Taize Video "Life at Taize"** – A general introduction. Focuses on various aspects of the origins of Taize prayer and community life, as well as what to practically expect as a pilgrim.
<http://vimeo.com/10433263> (15 mins)
2. **Finding God in the details:** Short game highlighting fact that we often miss details not because they are not there, but because we do not pay attention to them. God's presence in our lives is also the same – we are not in tune.

Without preparation time, participants asked to close their eyes and to call out, from memory, objects with a chosen feature in the room (for example, how many objects they can remember which are white, have text on them etc). After call outs deplete, participants open their eyes to see what items they have missed. (5 mins)

3. **PowerPoint Slides - Praying the Ignatian Examen with songs from Taize (20 mins)**
 - a. Introduction to the origins and use of the *Examen*.
 - b. 5 steps of the Examen shown in sequence (please see below), each change of slide has a suitable accompanying Taize song, played as an Mp3.
 - c. Handout 'swing' cards to take home: Printed version of the Examen. Participants encouraged to pray the *Examen* daily. **(Supplied as PDF for printing)**
(Unabridged text version attachment 1)

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Song of Taize: **Adoramus te O Christe**

If possible, participants encouraged to sing the simple taize song in a two part harmony

*O, Adoramus te O Christe
O, Adoramus te O Christe*

Translation:

O, We adore you, Lord Jesus

Final Prayer: For Spanish Agriculture: Linked to the World of World Youth Day.

Intercession of St. Isidore

Patron saint of farmers, and of WYD Madrid

St. Isidore, You know how normal it is to cultivate the land for you were employed as a farm laborer most of your life. Although you received God's help materially through Angels in the field, all farmers are aided spiritually to see the wonders God has strewn on this earth. Encourage all farmers in their labors and help them to feed many people. Amen

Tools of the Journey: The Examen

(full version – see attachment)

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.



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World of World Youth Day : Severe e-coli breakout in Europe.

Source yet to be confirmed, but there has been finger pointing to Spanish farms, causing significant blow to exports from its agricultural industry. Yet... while as pilgrims it is natural to be concerned about our health and safety, and the quality and quantity of the meals we receive, Spanish farmers and Spain's agricultural industry is struggling to survive. Lets remain aware and appreciate where our food is coming from always, and keep the agricultural industry in or prayers, for they are struggling to make ends meet on a day to day basis.

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Song: *Adoramus Te o Christe*

Scripture: *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." Jn 15*

Big Group Activity

1. **Taize Video "Life at Taize"** – A general introduction. Focuses on various aspects of the origins of Taize prayer and community life, as well as what to practically expect as a pilgrim. <http://vimeo.com/10433263> (15 mins)
2. **Finding God in the details:** Short game highlighting fact that we often miss details not because they are not there, but because we do not pay attention to them. God's presence in our lives is also the same – we are not in tune. (5 mins)

Without preparation time, participants asked to close their eyes and to call out, from memory, objects with a chosen feature in the room (for example, how many objects they can remember which are white, have text on them etc). After call outs deplete, participants open their eyes to see what items they have missed.

3. **Praying the Ignatian Examen with songs from Taize**
 - a. Introduction to the origins and use of the *Examen*.
 - b. 5 steps of the Examen shown in sequence (please see below), each change of slide has a suitable accompanying Taize song, played as an Mp3.
 - c. Handout card to take home: Printed version of the Examen. Participants encouraged to pray the *Examen* daily.

Small Group Discussion:

1. How did people find the *Examen* as a prayer technique
2. Reflection on the Life in Taize video clip

World of World Youth Day and Final Prayer:

Praying for farmers through the intercession of St. Isidor, especially the agricultural sector of Spain that has been affected by the E-Coli outbreak.

Attachment 1

Ignatian Spirituality: The Examen

1. Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

4. Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.