

Session 2 – Pilgrimage : Intertwining Paths

Aim: To recognise each person's incredible value as companions on the journey, the importance of looking out for one another

Scripture: *Two are better than one, because they have a good return for their work; if one falls down, his friend can help him up.* – Ecc 4:9-10

Tools of the Journey: Journaling

Companions in Life -

Participants are encouraged to reflect on at least 3 companions in their life who have made an impact. Further, they may reflect on how they have impacted on other people's lives as companions in each other's life.

Big Group Activity: *Journey of the Inflatables:* Supporting and looking out for one another

Game 1: Each person is given a balloon in which to inflate and write their names on it. All members then simultaneously throw their balloons in the air, and keep their own balloon in the air for 30 seconds.

Game 2: Similar to Game 1, but now participants have to try and keep everyone's balloons in the air except their own balloon as long as possible. As soon as one balloon hits the ground, round ends, everyone has to do 3 sit ups to 'resuscitate' the balloon. (If someone's balloon pops, the poor person has to do 3 sit ups to 'resurrect' him/ herself.)

Game 3: Similar to game 2, but now all balloons have to cross from one side of the room to the other side of the room. If one balloon falls, the game starts again until the all balloons have crossed the room *without* touching the ground.

Purpose: Each person is as valuable as each balloon. We must be constantly aware and monitor one another's journey, and each play an active role in helping each other reach our destinations, wherever that may be (not necessarily Australia to Madrid). Wherever we come from, we're in this together.

Small Group Activity:

1. Warm up activity - 1 Minute Stardom

Each person in the group is given a minute to talk, other members must keep quiet and cannot interrupt. The person may share about anything happening in their life or any random thoughts for 1 minute.

2. Discussion questions:

- Does trust play a role in this game? If so, how?
- Did you feel any different just supporting your own balloon as opposed to someone else's balloon?
- "The greatest poverty in the world is loneliness." (Mth. Teresa). What does 'companionship' mean in this game / real life?
- Envision yourself attending WYD Madrid / a church alone. How may this be any different to journeying with this group?

Any sharing based on 'companions who have made an impact on your life?'

Session2 – Pilgrimage :Intertwining Paths

Aim: To recognise each person's incredible value as companions on the journey, the importance of looking out for one another

Song:Lean On Me Bill Withers

Sometimes in our lives, we all have pain,
we all have sorrow.
But if we are wise,
we know that there's always tomorrow.

*Lean on me,
when you're not strong and I'll be your friend.
I'll help you carry on,
for it won't be long 'til I'm gonna
need somebody to lean on.*

Please swallow your pride,
if have things you need to borrow.
For no one can fill
those needs that you won't let show.

Chorus

So just call on me brother when you need a hand.
We all need somebody to lean on.
I just might have a problem that you'll understand.
We all need somebody to lean on.

Chorus

Conclusion Activity:

Participants count from 1 to the number of participants in the group (e.g. 21). All participants form a circle and close their eyes, any random person will start counting from one, and then another person will shout out two and then the third person continues. Catch: *Everyone* must contribute one number only. No two people can shout out the same number at the same time, or else the count starts again.

Aim: To increase the awareness of each other in a group, to listen and be 'in tune' with one another.

A Prayer for WYD 2011

God of hope and grace, send your Holy Spirit upon us as our helper and guide.

As we prepare for World Youth Day in Madrid, help us to build upon the many graces and experiences that were the fruit of World Youth Day in Sydney.

Send forth the power of the Spirit upon us so that we may continue to be your witnesses in service and love to other youth in Australia.

May we journey together in the great south land of the Holy Spirit and share in this pilgrimage of faith to the ends of the earth.

Pour your grace into our lives so that we may be apostles of reconciliation and builders for the new creation.

Nourish and unite us through the Eucharist, so that firm in the faith we may be planted and built up in Jesus Christ.

We ask this through the intercession of Our Lady of the Southern Cross and in the healing name of our Lord Jesus, who lives and reigns with you and the Holy Spirit one God forever and ever.

Amen.

Mary, Help of Christians. Pray for us.
Saint Mary MacKillop. Pray for us.



SESSION 2
PILGRIMAGE: INTERTWINING PATHS

Session 2: "Pilgrimage: Intertwining paths"

Aim: To recognise each person's incredible value as companions on the journey, the importance of looking out for one another

Scripture: "Two are better than one, because they have a good return for their work; If one falls down, his friend can help him up." - Ecclesiastes 4:9-10

Introduction:

Song – Lean On Me (refer to attachment 4)

Welcome any newcomers who were not present last week.

Big Group activity:

Journey of the Inflatables, Balloon game:

Strongly advise organisers to give a quick introduction as to the purpose and length of the game – so as to avoid people merely treating it as a party / ice breaker!

Game 1: Each person is given a balloon in which to inflate and write their names on it. All members then simultaneously throw their balloons in the air, and keep their own balloon in the air for 30 seconds.

Game 2: Similar to Game 1, but now participants have to try and keep everyone's balloons in the air except their own balloon as long as possible. As soon as one balloon hits the ground, round ends, everyone has to do 3 sit ups to 'resuscitate' the balloon. (If someone's balloon pops, the person has to do 3 sit ups to 'resurrect')

Game 3: Similar to game 2, but now all balloons have to cross from one side of the room to the other side of the room. If one balloon falls, the game starts again until the all balloons have crossed the room without touching the ground.

Debrief of game intention.

Each person is as valuable as each balloon. We must be constantly aware and monitor one another's journey, and each play an active role in helping each other reach our destinations, wherever that may be (not necessarily Australia to Madrid). Wherever we come from, we're in this together.

Tools of the Journey:

Journaling

Companions in Life - Participants are encouraged to reflect on at least 3 companions in their life who have made an impact. Further they may reflect on how they have impacted on other people's lives as companions in each other's life.

----- Break-----

Small Group Activity:

Warm up activity: 1 Minute Stardom

Each person in the group is given a minute to talk, other members must keep quiet and cannot interrupt. The person may share about anything happening in their life or any random thoughts for 1 minute.

Discussion

Suggested discussion questions:

- Does trust play a role in this game? If so, how?
- Did you feel any different just supporting your own balloon as opposed to someone else's balloon?
- "The greatest poverty in the world is loneliness." (Mth. Teresa). What does 'companionship' mean in this game / real life?
- Envision yourself attending WYD Madrid / a church alone. How may this be any different to journeying with this group?
- Any sharing based on 'companions who have made an impact on your life?'"

Conclude

Activity:

Participants count from 1 to the number of participants in the group (e.g. 21). All participants form a circle and close their eyes, any random person will start counting from one, and then another person will shout out two and then the third person continues. Catch: *Everyone* must contribute one number only. No two people can shout out the same number at the same time, or else the count starts again.

Aim: To increase the awareness of each other in a group, to listen and be 'in tune' with one another.

1. Song- Lean On Me
2. Prayer - A Prayer for World Youth Day 2011 (refer to Attachment 3)

Attachment 3

A Prayer for World Youth Day 2011

God of hope and grace,
send your Holy Spirit upon us as our helper and guide.

As we prepare for World Youth Day in Madrid,
help us to build upon the many graces and experiences
that were the fruit of World Youth Day in Sydney.

Send forth the power of the Spirit upon us
so that we may continue to be your witnesses
in service and love to other youth in Australia.

May we journey together in the great south land of the Holy Spirit
and share in this pilgrimage of faith to the ends of the earth.

Pour your grace into our lives so that we may be apostles of reconciliation
and builders for the new creation.

Nourish and unite us through the Eucharist,
so that firm in the faith we may be planted and built up in Jesus Christ.

We ask this through the intercession of Our Lady of the Southern Cross
and in the healing name of our Lord Jesus,
who lives and reigns with you and the Holy Spirit
one God forever and ever.
Amen.

Mary, Help of Christians. Pray for us.
Blessed/Saint Mary MacKillop. Pray for us.

Attachment 4

Lean On Me

Sometimes in our lives,
we all have pain,
we all have sorrow.
But if we are wise,
we know that there's always tomorrow.

Lean on me,
when you're not strong and I'll be your friend.
I'll help you carry on,
for it won't be long 'til I'm gonna need somebody
to lean on.

Please swallow your pride,
if have things you need to borrow.
For no one can fill
those needs that you won't let show.

Lean on me
when you're not strong, and I'll be your friend.
I'll help you carry on,
for it won't be long 'til I'm gonna' need
somebody to lean on.

You just call on me brother if you need a hand.
We all need somebody to lean on.
I just might have a problem that you'll understand.
We all need somebody to lean on.

If there is a load
you have to bear that you can't carry.
I'm right up the road,
I'll share your load if you just call me.
Call me (if you need a friend)
Call me
Call me