



# *Jesus & The Eucharist* **Fall 2023 Faith Sharing**

Diocese of San Jose - Facilitator Training  
November 2023

# Agenda for today

- Introduction to the Eucharistic Revival
- Session 1 - PART 1
  - Bishop Opening
  - Lectio Prayer & Litany
  - Lesson with testimonies
  - Table discussions
- Break (10 Minutes)
- Overview of *Jesus and The Eucharist Study*
- Effective Small Group Faith Sharing
- Role of facilitator



# What is the Eucharistic Revival?

*The Eucharistic Revival is intended to be far more than a series of events or a program.*

*It aims to be a movement that renews the church by enkindling a living relationship with Jesus Christ in the Eucharist and renews the Church.*

BISHOP ANDREW COZZENS

Chairman of the USCCB's Committee on Evangelization and Catechesis



# The 3 Year Structure of the Revival

## Year 1: Diocesan Year

- June 2022 – June 2023

## Year 2: Year of Parish Revival

- June 2023 – June 2024

## Year 3: Year of Parish Mission

- June 2024 – June 2025
- July 17-21, 2024: 10th National Eucharistic Congress
- Preceded by a National Eucharistic Pilgrimage

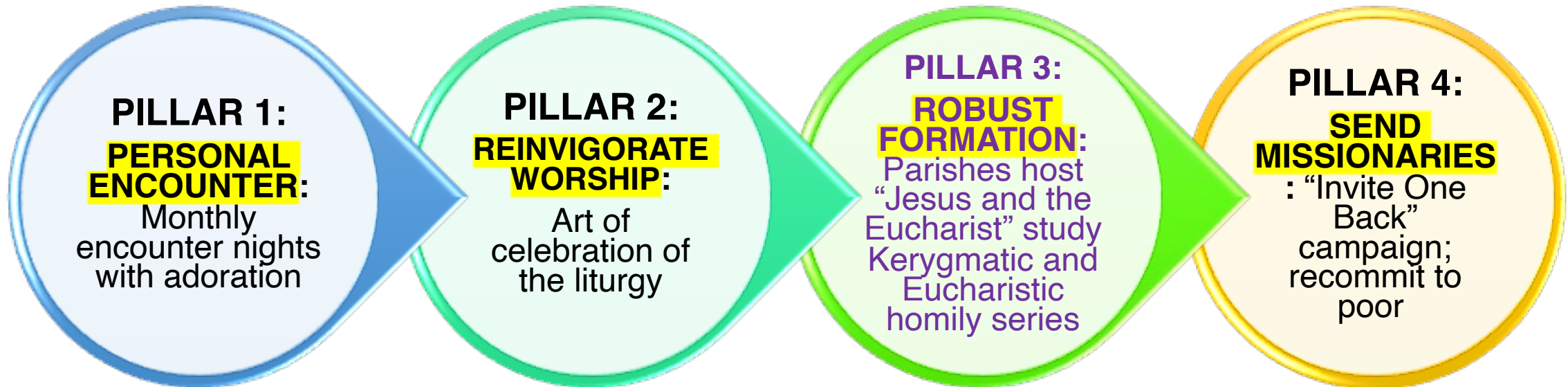


# Year 2 – Year of Parish Revival



Parishes are invited to do two things:

- Discern and implement parish-based activities under the 4 pillars of the Revival



- Build small faith communities using "Jesus and the Eucharist"
  - Build parish community
  - Help parishioners encounter and grow in their love for Jesus in the Eucharist





# Jesus and the Eucharist Study

Every parish across the country is invited to host the Jesus and the Eucharist study during the Year of Parish Revival. This seven-session series will immerse participants in the kerygmatic proclamation (Sessions 1–4) and unveil God’s saving work in the Eucharist (Sessions 5–7).

Each session opens with an exhortation from a different bishop, followed by lectio divina prayer with scripture. The main lesson is drawn from content created by the Augustine Institute and will include personal testimonies from Catholics across the country. We will then transition into small group discussions. Each meeting is expected to last around two hours.

## BELOW IS AN OVERVIEW OF EACH SESSION:

### **Session 1: What’s Our Story?**

The Bible is the story of God’s love for us. He created us out of love, redeemed us by his love, and transforms us in his love.

### **Session 2: Who Is Jesus?**

Jesus is both God and man, therefore he reveals who God is in relation to us. Jesus asked Simon Peter, “Who do you say that I am?” (Matthew 16:15) He asks this same question of us: who do you say Jesus is?

### **Session 3: Am I Saved?**

Salvation is a gift from God through Jesus Christ that requires our “yes.”

### **Session 4: Why a Church?**

Jesus didn’t simply leave us a written message or instruction manual to follow. He gave us a living, dynamic Church where we encounter him personally and allow ourselves to be transformed into his likeness.

### **Session 5: God Is With Us**

God’s presence in the Old Testament foreshadows the gift of the Eucharist, one of the seven sacraments of the Church. Jesus established the Eucharist to give us strength and accompany us at every moment of our earthly journey.

### **Session 6: The Story of the Eucharist**

The story of the Eucharist can be traced throughout Scripture. From Genesis to the present day, this session explores how the Cross is the new Tree of Life, and the Eucharist is its fruit.

### **Session 7: Bread for the Journey**

The Eucharist sustains us on our spiritual journey. Our participation at Mass through the Liturgy of the Word and the Liturgy of the Eucharist is an offering of thanksgiving to God. We are then sent forth to share what we have received.

# Format of Each Session

Each meeting has 2 lessons, each with three parts:

- Video with Exhortation from a bishop
- Video with lesson and testimony
- Small group discussion

Videos include opening and closing prayers

Participants sit down at a table and remain with that group for entire session

No pre-work or homework

All materials available in English and Spanish

Study designed for adults; relevant for high school and middle school students



# Video & Participant Handouts



## VIDEO

Each session has 2 parts

### PART 1:

- Bishop Opening 10 min
- Lectio Prayer & Litany 5 min.
- Lesson with testimonies 20-25 min.
- Table discussions 25 min.

### PART 2:

- Lesson with testimonies 20-25 min.
- Table discussions 25 min.
- Closing Comments and Prayer 5 min.

## PARTICIPANT HANDOUTS

- place on tables at the start of each session
- One copy for each participant
  - Scripture for lectio prayer
  - Outlines for the lesson
  - Table discussion guidelines
  - Discussion questions



# Faith Sharing



- Invites people to consider the question: What does this mean to me as a follower of Jesus Christ?
- Allows time for the Holy Spirit to work in each member and in the group itself – be patient
- Explores questions as it fits the group; may focus on one question in depth or start with a question at the end of the list
- The goal is to build community through fruitful dialogue where everyone listens and shares

**Remember that the purpose of the group is to share faith**

- A spiritual conversation
- Active listening to other perspectives

# Role of Facilitator



## HOSTING:

- Create a welcoming environment where everyone feels welcome
- Keep the experience positive and encouraging

## FACILITATING:

- Gently guide the discussion
- Use your body language to show you are listening and to guide the discussion
- Draw people out as best you can – use mutual invitations
- Keep the group on track – listen to the prompts and alerts from the video to help wrap up discussions on time

**Small groups are not perfect. We are all on a journey!**



# Helpful Tips for an Effective Session

- Be Prepared!
- Start and end on time. The first session will be a model for the rest.
- Focus on faith sharing – you will share first
- Invite everyone to speak, encourage the quiet ones to share. It is ok to “pass”. Be patient
- Help long-winded people move on to the next person
- Keep conversation “to the group” and discourage side conversations
- Encourage them to speak from their own personal experience
- Gently remind them to avoid judging or criticizing the ideas of others

# Remember: You Are Not Alone!



You share in the gifts of the Holy Spirit!  
The parish has resources to help you be a leader.

Members of your discussion group will help you by the way they participate.

**Thank you for your ministry!**

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# Closing Prayer

*God knows me and calls me by name.*

*God has created me to do Him some definite service.*

*He has committed some work to me which He has not committed to another.*

*I have a mission – I may never know it in this life, but I will be told it in the next.*

*I am a link in a chain, a bond of connections between persons.  
He has not created me for naught.*

*I shall do good, I shall do His work.*

*We ask this through Christ, Our Lord, Amen.*

Meditation by Saint John Henry Newman : For Such A Time As This (Esther 4:14)

