

Cura Personalis 2007
Description of Workshops and Presentations

Session #1: Đồng Hành-CLC: Living Out God's Dream (Everyone)

This presentation aims to forward the vision of Đồng Hành-CLC: helping members to discover and live out their personal vocations and the group to fulfill its mission. Key questions to be addressed: What is Đồng Hành-CLC? Who is a Đồng Hành-CLC member? What is a Đồng Hành-CLC Leader? What is unique about Đồng Hành-CLC, different from other types of small faith sharing groups? The presentation describes Saint Ignatius and the First Companions as the “first CLC group” and how it fosters personal vocations and common mission. A very brief delineation of the roles and responsibilities of Coordinators are presented.

The presentation ends with an opportunity for participants to reflect on their operational vision and working style of leadership. They will be challenged to adapt their personal style to better reflect the Ignatian model of leadership rooted in the *Spiritual Exercises*.

Session #2: Cura Personalis: Caring for the Whole Person (Everyone)

This workshop presents a way of fostering personal vocation in every member of the group: care of the whole person. Care of self, care of others. It applies the Ignatian pedagogy *Cura Personalis* to the foundational roles and responsibilities of a CLC Coordinator. This workshop involves two fifteen minute presentations and two thirty minute praxes. The first emphasizes the ongoing attentiveness to one's own growth and self-care. The second explores the care of the whole person regarding the unique needs of each individual group member.

Session #3 Content-based Workshops

A. Building CLC's: The Basics in Forming Communities (Members & New Coordinators)

This workshop looks at the basic steps involved in starting a new Đồng Hành-CLC group and how to foster its solid development. It also presents the format, the meaning of each component of a meeting, and dynamic of group meetings and organization. Finally, the workshop briefly looks at what makes up USA CLC, specifically its unique multicultural dimension in the United States and connection to the World Community.

The 3A and 3B workshops are complementary, and it is suggested that each group strategically assign its members to attend both workshops.

B. Sustaining Growth in Communities Beyond the First Stage (Returning Coordinators)

This workshop gives foundational understanding in the stages of CLC development. It explores the challenges and difficulties at each stage transition and the graces necessary to grow into the next stage. It deals with resolving interpersonal conflicts, meeting diverse needs, and ways of working with Guides to evaluate needs and foster difficult and honest conversations that promote genuine growth of groups.

The 3A and 3B workshops are complementary, and it is suggested that each group strategically assign its members to attend both workshops.

Session #4 Both Content and Hands-On

A. Active Listening I (Members & New Coordinators)

The first part of the workshop introduces basic active listening skills such as attending, following, and responding. The second involves an opportunity to put these skills into practice. It closes with exploration on how these skills can be effectively used to promote trust and *Cura Personalis* within a CLC group.

B. Animating spiritual conversation (Returning Coordinators)

The first part involves a presentation on the integration of basic active listening skills, particularly in posing questions that both affirm and challenge spiritual growth. The second part consists of a practice in animating spiritual conversation.

Session #5 Hands-On Leadership Experiences

A. Small Group Leading: Opportunities and Pitfalls (Members & New Coordinators)

Each participant will have the opportunity to practice leading a small group and benefit from the honest feedback and wisdom of everyone in the workshop. This workshop is particularly helpful to people new to leading faith sharing experiences; it gives hands-on experience of key opportunities and challenges that new groups face.

B. Deepening Spiritual Growth of Groups (Returning Coordinators)

Each participant will have the opportunity to role play as a Coordinator in a group that has strong personal ties of friendship, but lacking in sufficient prayer life needed to significantly grow stronger. This workshop integrates the skills of animating spiritual conversation and those involved in fostering difficult and honest conversations.

Session #6: Ignatian Discernment (Everyone)

This workshop explores the basics in Ignatian Discernment such as tracking moods, consolation and desolation, and similar considerations in Ignatius's "guidelines for discerning different movements in the first week."

After a brief introduction on the key principles of Ignatian discernment such as the tracking of consolation and desolation, participants are broken off into smaller, age-specific groups for hands-on practice of the following skill-sets: discerning movements of

the First Week of the Exercises, or how to deal with desolations, false consolations, subtle movements of the Spirit, and other similar considerations for the Second Week.

Session #7: Discerning Common Mission – Way of Proceeding (Everyone)

This workshop presents the four-fold dynamic of discerning, sending, supporting, and evaluating as the CLC Way of Proceeding in discerning common group mission. The way of discernment is illustrated by and applies to the dynamics of a family deciding on a specific course of common action. The workshop ends with a case study in small groups based on the experiences of group members.

Session #8: Roles & Relationships in Đồng Hành-CLC (Everyone)

This presentation delineates the roles of group members, Coordinators, Guides within a group. It also explains the relationships between Đồng Hành-CLC, the Society of Jesus, the parish, and the local diocese. A policy of healthy relationship will be forwarded and issues of boundaries, accountability, and healthy responsibilities will be discussed.