

Session One - Introductions

1. Read the opening prayer (led by the leader). Pause, then ask a member of the group to read the prayer again this time to focus on a word or phrase that touches them. Short Discussion (approx.. 5-10 minutes) with the main focus being that we are all on “the same journey, just different paths.”
2. Introduce yourself and prompt each person to do the same (suggestion: name, what makes you happy, and what you hope to get from this program) (Approx. 10 minutes)
3. Introduce the program. Reference the “About the Author” inside the “Fruitful Discipleship” book. Started almost 30 years ago by Sherry Weddell who founded the Siena Institute. It has been introduced in over 500 parishes to 140,000 worldwide. It is not new, only new to us.
Catherine of Siena was chosen as the name sake of the program because of her tremendous influence in Italy in the 14th century during a time of political conflict, when political leaders undermined the influence of the Church. As one of the four female Doctors of the Church her writings brought love to the world and are accepted as Dogma in our faith. (2-3 minutes)

Process

1. Read the quote from St. John Henry Newman (bottom p. 2) The quote is special because it explains how God has called each of us by name to be our best.
Newman lived in England during the 19th century who was first, an Anglican priest who then converted to Catholicism and became a catholic priest for over 40 years. His writing encouraged many to follow their own path including G.K. Chesterton and C.S. Lewis. He was only recently canonized by Pope Francis in 2019.

Discussion: We all have been called by our God to participate in His work. Through our Baptism and Confirmation we have received the “Seven Gifts of the Holy Spirit” What are they? The goal here is not to put people on the spot, but comfort them to know that even if they do not remember they still have them. (2-3 minutes)

From Isaiah 11 2-3 wisdom, knowledge, understanding, counsel, fortitude, piety and fear of the Lord.

It is the purpose of this program to assist each participant to understand how they have been touched by the Holy Spirit, and to explore ways that these blessings may be used to help others

Definition of Terms

Discussion: (From pg. 13-30 In Fruitful Discipleship) What is the difference between a *Disciple and an Apostle*? Can there be only 12 Apostles? What is the Famine of Fruit referred to in Chapter One by Sherry Weddell? What is a “missionary disciple” according to Pope Francis? (10-15 minutes)

Discussion: (from pg. 97-112 in Fruitful Discipleship) What is a *Charism*? (Romans 12, **I Corinthians 12**, Ephesians 4 and Aquinas in Summa Theologiae p.111) How are Charisms different from the Gifts of the Holy Spirit? I Corinthians Chapter 12 is the best of the scripture choices “ **There are different kinds of spiritual gifts but the same spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit.**”(10-15 minutes)

*The discussion questions about the terms is the most important part of session one, I would recommend that the Inventory be discussed as part of the second session

Closing Prayer

Before you end the session ask the group to take a deep breath, and to feel that they each are in God’s hands.

Then ask a member of the group to read the prayer , but caution to read slowly.

Final Comments from the group. Any suggestions for the next session?

Homework is to complete the self-study for Session Two.

Opening Prayer: Ask someone to read the prayer.

Remind the group about preparing for Session Two