



Prayer for the Season

'Process for Reflection'

Needed: Coloured pens and paper
The Ordinary Time Prayer for the Season movie, a computer with speakers and data projector
Copies of the *Prayer for the Season* (downloaded from the site)
Prayer space set up

1. Growth in the Natural World

In small groups, describe and discuss experiences of growth and transformation in the natural world:

e.g. from seed to plant;
caterpillar to butterfly;
tadpole to frog;
the changing seasons.

Task: Write and illustrate an individual poem describing the life-force that brings about transformation in the natural world. Use an image such as one of those suggested above. Share poems with members of the group.

2. Growth in Human Life

Rotate the groups. Describe and discuss experiences of growth and transformation in human life:

e.g. learning to communicate;
responding to others with compassion;
overcoming hardship;
learning to forgive.

Task: Mime or role-play a situation that demonstrates growth and transformation on the human level. Use an example such as one of those suggested above.

3. Exploring RESource Worship Image

As a whole group, view the *Prayer for the Season* movie for Ordinary Time.

Discuss immediate responses.

View it again and, this time, look for symbolism that relates to the Paschal mystery (death to life) and message of Jesus Christ.

Share responses.

4. Prayer

Conclude by praying the full *Prayer for the Season* together.