



CATHOLIC
DIOCESE OF
BROKEN BAY



**Pastoral
Discernment**
North Shore

Individual Reflection Guide



As we journey forward together we are invited to consider:

How is God calling the people of the North Shore to journey forward together as pilgrim and missionary people of God?

Welcome

Thank you for participating in the consultation phase of the Pastoral Discernment North Shore project. In this phase of the project, you are invited to give God thanks for the way in which the Spirit is at work in the life of the local Church, and to consider new possibilities for both the growth and future of the region.

This **Individual Reflection Guide** has been developed to support individuals within the community, who may wish to discern and make an **Individual Pastoral Discernment Submission** for consideration.

You are invited to participate in the consultation process, along with the people of the Diocese, to respond, reflect, and share your insights, at the service of shaping an **individual response** for the Pastoral Discernment Submission.

In responding to the Pastoral Discernment guiding question/s, you are invited to:

RECALL YOUR EXPERIENCES

What experiences of the region of the North Shore does the guiding question/s call to mind?

RE-CONSIDER THESE EXPERIENCES IN GREATER DEPTH

What joys did they bring? What difficulties and obstacles were encountered? What wounds did they reveal? What insights have they elicited?

GATHER THE FRUITS TO SHARE

Where in these experiences does the voice of the Holy Spirit resound? What is the spirit asking of you? What are the points to be confirmed, the prospects for change, and the steps to be taken? What paths do you see that may open up for the local community of the North Shore?

The pastoral discernment invites you to reflect, respond, and review the circumstances, opportunities and challenges, with a view to ensuring a sustainable and thriving ecclesial community exists for the North Shore region of the Diocese.

Journeying forward together requires us to discern, as a community, our context through connection, prayer, reflection, sharing with one another and seeking God's direction.

We invite the Holy Spirit to guide us as we begin this journey. All are welcome to participate in the discernment consultation.



Your Individual Reflection Guide

Your voice is important as it conveys the main fruits of the discernment of the whole People of God across the North Shore.

The following 5 steps below outline the process for you to consider as you engage in an individual (personal) time of reflection.

Step 1 Prepare

Step 2 Pray

Step 3 Reflect

Step 4 Respond

Step 5 Submit

STEP 1 Prepare

Gather any resources that you may need. Make sure you are sitting comfortably, free from distractions.

Breathe slowly and deeply. Ask God to speak to you during this reflection time.

STEP 2 Pray

Begin with a significant time to engage in personal prayer with scripture. To assist, you may like to use one of the following or prepare your own;

Psalm 133:1

'How very good and pleasant it is when kindred live together in unity'.

1 Cor 12:13

'For in the one Spirit we were all baptised into one body'.

Matt 5:14-15

'You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and gives light to all in the house'.

Proverbs 2:2

'Making your ear attentive to wisdom and inclining your heart to understanding'.

Luke 24:13-15

'That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them'.

You may also choose to listen and reflect on a song before you begin your personal reflection.

I AM HERE Deirdre Ni Chinneide

<https://youtu.be/2EsatYyzuxw?si=dcrlooCmcnyjDgz->

JIREH by Maverick City Worship and Elevation Worship (cover by Cross Point Music)

<https://youtu.be/nC8HCAg9eRE?si=biEs03hH51R8xIsx>

SWEET SUNSHINE by Gus & Iggy

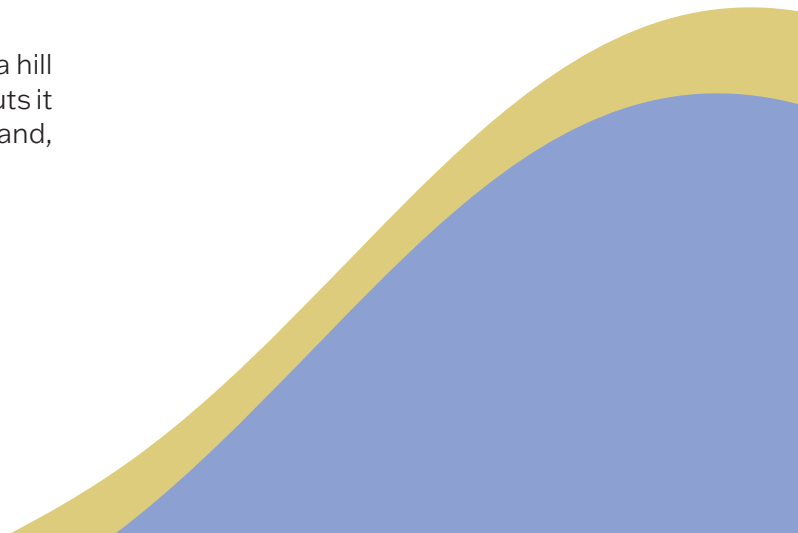
<https://youtu.be/sLAFwq5jxio?si=wwtr3all-zVKTAAbP>

THE SPIRIT AND THE BRIDE by Matt Maher

https://youtu.be/k_OfB2mZdfA?si=NI58eejsNp9rZBod

WE COME TO YOU by Josh Blakesley

<https://youtu.be/KryPlpZ6ViM?si=Zq1Z3WZrBl6Pj7LP>



STEP 3 Reflect

Read and reflect on the consultation guiding question/s in silence. Reflect on your personal experience of faith, life, and the Church related to these question/s. Slowly and thoughtfully, read the question/s for a second time.

What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.

Slowly and prayerfully, read the questions for the third time.

The third reading focuses further on the points you became aware of during the first and second reading. Ask how this word or phrase speaks to your life and why it has connected with you.

Reflect carefully on where God has nudged you. What feelings are arising within you? Sit in silence and then frame a single sentence that expresses what this word or phrase says to you.

Possibly read the question/s again. Sit quietly in God's presence, asking, "What are you saying to me?" Rest in God's love and listen.

STEP 4 Respond

It might be helpful to jot down in a journal what arose during this time. Make a note of all the responses to the questions that come to mind. What did you speak to God, and what did God offer you?

At the end of your reflection time, you are invited to close with an Our Father, Hail Mary, and Glory Be. You can use the words in the gold box, or you might like to say a prayer of gratitude in your own words.

Creator God, we thank you for the encounter with one another today.

We know that where two or three are gathered, you are in our midst.

Thank you for being with us and for the courage to speak boldly and with passion, and the humility to listen with open hearts.

We ask you to continue to walk with us, as we discover the pathway toward the future you are calling us to. Amen

STEP 5 Submit

Your voice is important as it conveys the main fruits of the discernment of the whole People of God across the North Shore.

It is recommended that your response be captured in a short summary of no more than 300 words.

Pay particular attention to your lived experiences, both positive and negative. Your response should be faithful to whatever emerged from your reflection rather than a series of generalised or doctrinally correct statements.

Overall, your individual response should capture what the Holy Spirit has inspired you to see, including the present lights, and shadows, and in what ways the Holy Spirit is inviting the community of the North Shore to grow.

The synthesis of your discernment will result in the shaping of an individual pastoral discernment Submission, which you are invited to submit online by 12 November, 2024.

Submissions can be submitted by completing this form:

<https://forms.office.com/r/NCZvMNvw6U>

Pastoral Discernment Submissions close 12 November 2024.

For further information and regular updates visit: www.bbcatholic.org.au/pdns

or email Patti Beattie; at PDNS@bbcatholic.org.au