



Preparing for Parish-Wide Synodal Spiritual Conversation

1. Read [Explainer: So, what exactly is a synod? | America Magazine](#)
 2. Create a prayerful atmosphere at home, perhaps with an altar with the official logo, a candle, crucifix, cross, or your favorite religious item. You may include in the altar pictures of you in the special moments you have lived in the community of faith, such as baptism, communion, confirmation, community services, etc. Play your favorite music that makes you grounded (Gregorian chants, music for Zen meditation, a particular song you like, instrumental, etc.)
 3. Make an examen of your experience in the Church, recalling times that gave you joy, sadness, anger. Think of the lights and shadows of being a Christian in the Catholic Way.
 4. Contemplate the following three questions paying attention to thoughts, feelings, imaginings, perceptions, intuitions, and bodily sensations.
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1) Reflecting on your experiences of Church, recall a time or times when you have felt joy.

2) Reflecting on your experiences of Church, recall a time or times when you have felt challenges, disappointments, or obstacles.

3) With these recollections in mind, what do you desire our Church to be?

Write down the fruits of contemplating the above questions. This will facilitate your sharing next Sunday.

The Three Rounds of Spiritual Conversation

The spiritual conversations will be facilitated using the three rounds of spiritual conversation.

The First Round: This is a round of sharing, speaking alternatively about the fruits of our personal reflection. Each person may speak without interruption for the same amount of time (a timekeeper is needed.) A notetaker takes notes of the conversation.

SILENCE

The Second Round: During the second round, we share what we heard in the first round that touched our hearts and moved us personally. Certain questions can help the reflection:

- What did I hear?
- What left an impression on me from what others shared in the first round?

- What gave me peace, joy, confidence, fervor...? What gave me sadness, discomfort, concern...?
- What new opinion or understanding have I gained?

SILENCE

The Third Round: This is the round when all may freely express what they feel at the end of the spiritual conversation. It is important to notice and share a common idea that is emerging, a consensus, and to name it. When has the group experienced movements of joy, peace, hope, and love? Gathering the graces. Guidelines to promote safe and respectful conversations,