



## SYNODAL U VIDEO REFLECTION GUIDE SR. NATHALIE BECQUART

### *Opening Reading – St. John Paul II Novo Millennio Ineunte 43*

A spirituality of communion indicates above all the heart's contemplation of the mystery of the Trinity dwelling in us, and whose light we must also be able to see shining on the face of the brothers and sisters around us. A spirituality of communion also means an ability to think of our brothers and sisters in faith within the profound unity of the Mystical Body, and therefore as "those who are a part of me". This makes us able to share their joys and sufferings, to sense their desires and attend to their needs, to offer them deep and genuine friendship. A spirituality of communion implies also the ability to see what is positive in others, to welcome it and prize it as a gift from God: not only as a gift for the brother or sister who has received it directly, but also as a "gift for me". A spirituality of communion means, finally, to know how to "make room" for our brothers and sisters, bearing "each other's burdens" (Gal 6:2) and resisting the selfish temptations which constantly beset us and provoke competition, careerism, distrust and jealousy. Let us have no illusions: unless we follow this spiritual path, external structures of communion will serve very little purpose. They would become mechanisms without a soul, "masks" of communion rather than its means of expression and growth.

## Question for Faith Sharing and Reflection – 10 min

(Participants are invited to reflect in pairs and then as a large group)

Where and how have you experienced a spirituality of communion in the church? In what ways could a spirituality of communion be further developed within faith communities? What effect might this have on individuals, families, groups and communities?



## Watch video: Sr. Nathalie Becquart (4:24)

### Video Quotes



“ Synodality is a spiritual process rooted in prayer. ”



“ We have to be grounded in listening to the Word of God. ”



“ Synodality is the call of God for the Church in the Third Millennium. ”



“ We move from the ‘I’ to the ‘Us’. We are all together part of a community, the temple of the Spirit. ”

*What quotes or lines from the video stood out to you? Why?*

## **Pair Group Reflection on Video**

Sr. Nathalie discusses many core dimensions of synodality. After watching the video consider again the reading on the Spirituality of Communion from St. Pope John Paul II. What common threads or similarities exist between synodality and a spirituality of communion?

As you prepare to become a leader in the life of the church of the third millennium how could synodality and the spirituality of communion shape and inform your ministry with the People of God?

## *Reflecting on Experiences of Listening*



*Participants reflect on the following questions individually and write down their thoughts.*

Consider a time when you felt listened to, when you expressed your thoughts, opinions and ideas and you felt that you had been heard. What was that experience like? How did this experience affect you?

Now, consider a time when you expressed your thoughts or opinions, and it was not heard or listened to by another or by a group. What was this experience like? How did this experience affect you?

Finally, consider a time when you listened deeply to the ideas and story of another person and were changed or impacted by the experience. What was this experience like? What about you and/or the other person who stands out for you as you reflect back on this experience?

After reflecting individually, participants break into pairs and discuss with each other any insights, lessons or graces gained from their experiences of listening.