

# *Mentors and formators*



To be the face and hands  
of your tender mercy

Marist Formation Centre Manziana

**Online Programme for MENTORS AND FORMATORS 2021**

*"I decided to look for  
a man  
experienced and wise  
who could personally teach me  
that which  
that so violently  
attracted my soul."  
(The Russian Pilgrim)*



## Keys to living as companions and trainers

- ☆ **Be available to accept the proposal that the programme offers you for your own inner growth.**
- ☆ **To enable us to offer our brothers a close, fraternal accompaniment that is appropriate to the vocational process of affirmation of their being religious-brothers in the Marist charism.**
- ☆ **To find together ways adapted to the reality of our young brothers and those in formation in order to accompany them as persons and Marists, in their personal processes: spiritual, affective-sexual, relational-community, apostolic, etc.**
- ☆ **To discern together how to take steps to ensure in our own lives, in our communities, in our provinces, and in our young brothers and sisters, integrated and integrating rhythms of the different dimensions of our being.**



Jesus came and walked with them.

<p><b>THE WISDOM OF PREPARATION</b></p>	<p>"That same day, two of the disciples were going to a little town called Emmaus.... On the way they were talking about what had happened. While they were talking and arguing, Jesus himself came up and walked on with them..</p>
<p><b>THE WISDOM OF INITIATING AND LISTENING</b></p>	<p>He said to them, "What were you saying on the road?"</p>
<p><b>THE WISDOM OF DIALOGUE</b></p>	<p>They stood still, looking sad, and one of them, named Cleopas, answered him, "You are the only stranger in Jerusalem who does not know what has happened in these days. "What is it?" he asked them....</p>
<p><b>THE WISDOM OF CONFRONTATION AND DISCERNMENT</b></p>	<p>Jesus said to them, "You hardened men, how hard it is for you to believe all that the prophets have spoken! Was it not necessary for the Messiah to endure such sufferings in order to enter into his glory?" And beginning with Moses and continuing with all the Prophets, he interpreted to them in all the Scriptures what referred to him.</p>
<p><b>THE WISDOM OF DECIDING - WITNESSING</b></p>	<p>At that very moment they set out on their journey and returned to Jerusalem. There they found the Eleven and the others who were with them gathered together, and they said to them, "It is true, the Lord is risen and has appeared to Simon!».</p>
<p><b>THE WISDOM OF ENDING AND DISAPPEARING</b></p>	<p>Then the eyes of the disciples were opened and they recognised him, but he had disappeared from their sight. And they said to one another, "Were not our hearts burning within us as he spoke to us on the road and explained the scriptures to us?».</p>

# Contemplative life, personal knowledge, young people ...

## Workshop 1

### Spirituality: Being the face and hands of your tender mercy

- ☆ **Goal:**  
To deepen the 2nd call of the General Chapter, offering keys for living a spirituality that integrates life.
- ☆ **Duration:**  
4 sessions of 90 minutes, 1 session per week
- ☆ **Contents and facilitators:**
  - ✓ Interiority and spirituality: Br. Ernesto Sánchez, SG
  - ✓ Introduction to contemplative prayer: Equipo Manziana
  - ✓ Spirituality of the heart: Br. Óscar Martín
  - ✓ Reviving the founding spirit of La Vallá in our daily life: Equipo Manziana

## Workshop 2

### Personal Growth Workshop

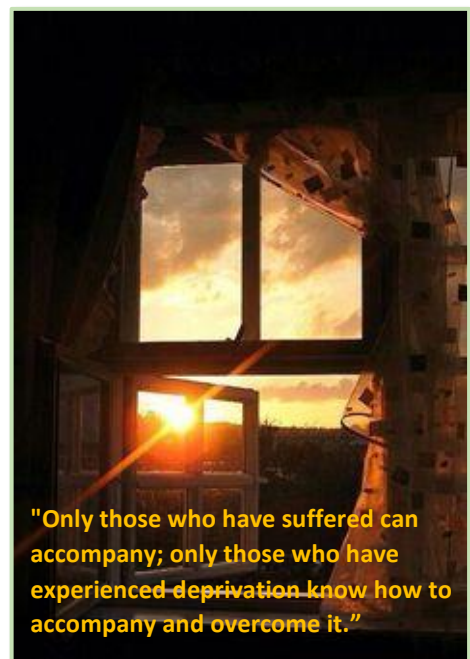
#### Description.

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Being every human being sacred ground, with a methodology that incorporates several models, the personal growth workshop (PCT) is focused on integrating two aspects of the human being: on the one hand, the vulnerable (which is painful and often prevents him/her from unfolding fully as he/she wishes) and, on the other hand, the positivity that we will call Manantial, namely those qualities, positive forces and capacities that make him/her stand up and continue fighting for his/her desires..

#### Goal.

"The aim of this workshop is to provide a space of deep knowledge that allows us to recognise and work on the process that has been violated, and to welcome and strengthen the well of positivity, acquiring tools to fully develop the human dimension, the basis of any life option."



## Methodology

- a) **Presentation of the exercise** through a brief explanation.
- b) **Time for personal work** with the questioning material provided. For this moment it is necessary that the participant has physical space and time in which he/she is not interrupted, so that he/she can connect, feel and realise.
- c) **Sharing the fruit of personal work in life groups.** These smaller groups are formed with the participants themselves, with a member of the facilitating team accompanying the group. In order for the group to achieve its objectives, it is recommended that the participants know each other as little as possible so that they feel free and confident to share the fruit of their personal work.
- d) **Sharing of the fruit in the large group** (this is called a plenary) and closing of the exercise.
- e) **Space for interviews and personal accompaniment during the workshop.** The objective of this space is to name, elaborate or process what the participant is discovering and which, sometimes, is not easy to express in the life group or in the plenary. All interviews will take place on one or two specific days of the workshop, depending on the number of participants. The schedule of the interviews will be adjusted with each participant individually.

## Contents

- ☆ Wounded history: Plan of my house and my family
- ☆ Update: I hurt where I have been hurt and disproportionate reactions.
- ☆ Wounding and sexuality.
- ☆ Introduction to the well. Exercise: My qualities through action
- ☆ Dynamics of the Vase and Sleeping Beauty.
- ☆ History of my victories and great trials
- ☆ Harvest and theory of the Spring.
- ☆ Intimacy with God from my personal story.

## Course facilitators:

**Mónica Jiménez Díaz**, Psycho-historical-spiritual accompanist

**Leandro Miranda Quan**, Psycho-historical-spiritual companion

## Workshop 3

### *Youth cultures today*

- **Objective:** To learn about contemporary youth cultures in order to be able to understand the trainees and give assertive responses to their demands.
- **Duration:** 4 sessions of 90 minutes; one session per week.
- **Contents and Facilitators:**
  - Some keys to understanding our society today: **Br. Ben Consigli, C.G.**
  - Youth cultures today: **Br. Joao Carlos do Prado**
  - The "Synod on young people, faith and vocational accompaniment": testimonies and challenges. **Nathalie Becquart, Undersecretary of the Synod of Bishops..**

## ONLINE COURSE 2021 MENTORS AND FORMATORS

JULY	AUGUST	SEPTEMBER
1 Th	1 Su	1 We
2 Fr	2 Mo Personal growth workshop 1st session (PGW)	2 Th
3 Sa	3 Tu	3 Fr
4 Su	4 We PGW 2nd session	4 Sa
5 Mo Spirituality 1st session Interiority and spirituality Br. Ernesto Sánchez	5 Th	5 Su
6 Tu	6 Fr	6 Mo
7 We	7 Sa	7 Tu Cultures 1st session H.Ben Consigli
8 Th	8 Su	8 We
9 Fr	9 Mo PGW 3th session	9 Th
10 Sa	10 Tu	10 Fr
11 Su	11 We PGW 4th session	11 Sa
12 Mo Spirituality 2nd session. Introduction to contemplative prayer. Myriam Subirana	12 Th	12 Su
13 Tu	13 Fr PGW 5th session	13 Mo
14 We	14 As	14 Tu
15 Th	15 Su	15 We Cultures 2nd session - Br. Joao Carlos do Prado
16 Fr	16 Mo PGW 6th session	16 Th
17 Sa	17 Tu	17 Fr
18 Su	18 We PGW 7th session	18 Sa
19 Mo Spirituality 3rd session: Spirituality of the heart – Br. Óscar	19 Th	19 Su
20 Tu	20 Fr PGW 8th session	20 Mo
21 We	21 As	21 Tu
22 Th	22 Su	22 We Cultures 3rd session Synod on Youth - Nathalie Becquart
23 Fr	23 Mo PGW 9th session	23 Th
24 Sa	24 Tu	24 Fr
25 Su	25 We PGW 10 th session	25 As
26 Mo Spirituality 4th session. The spirit of La Vallá and daily life. Br. Antonio	26 Th	26 Su
27 Tu	27 Fr PGW 11th session	27 Mo
28 We	28 As	28 Tu
29 Th	29 Su	29 We Closing of the programme
30 Fr	30 Mo PGW 12 <sup>th</sup> session	30 Th
31 Sa	31 Tu	01 Fr

# Participants

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## Important information

1. Our Mentors and Formators programme will be developed on the Zoom platform, because it is the only one that offers us simultaneous translation.
2. To facilitate a quick connection, we recommend that you have a basic account (free of charge) on Zoom. It is also advisable to have an updated version of Zoom to facilitate the different functions.
3. The link to our meeting will be sent to you the day before to make it easier for you to find it immediately.
4. The Programmes will be interactive. All sessions will be recorded.
5. The timetable will be: 14,00 hours in Rome.
  - In July and September each session will last one and a half hours (90 minutes).
  - The sessions in August (personal growth workshop) will last three hours (180 minutes).



# Wisdom for the way



## Saint John of the Cross

“... It is greatly to the advantage of the soul that wishes to go forward in recollection and perfection to see in whose hands it places itself, because whoever is the master, so will be the disciple, and whoever is the father, so will be the son. And let it be noted that, for this path, one can hardly find an adequate guide, because, in addition to being wise and discreet, he must also be experienced.”.

## Anthony de Mello



- ◆ You are only a disciple because your eyes are closed. The day you open them you will see that there is nothing you can learn from me or from anyone else.

- ◆ So why do I need a teacher?

- ◆ “To make you realise the futility of having it”.

To a visitor who asked to become his disciple,  
the master said:

- ◆ “You can live with me, but don't become my follower”.

- ◆ And who am I to follow then?”

- ◆ “No one. The day you follow anyone, you will no longer follow the Truth”.