



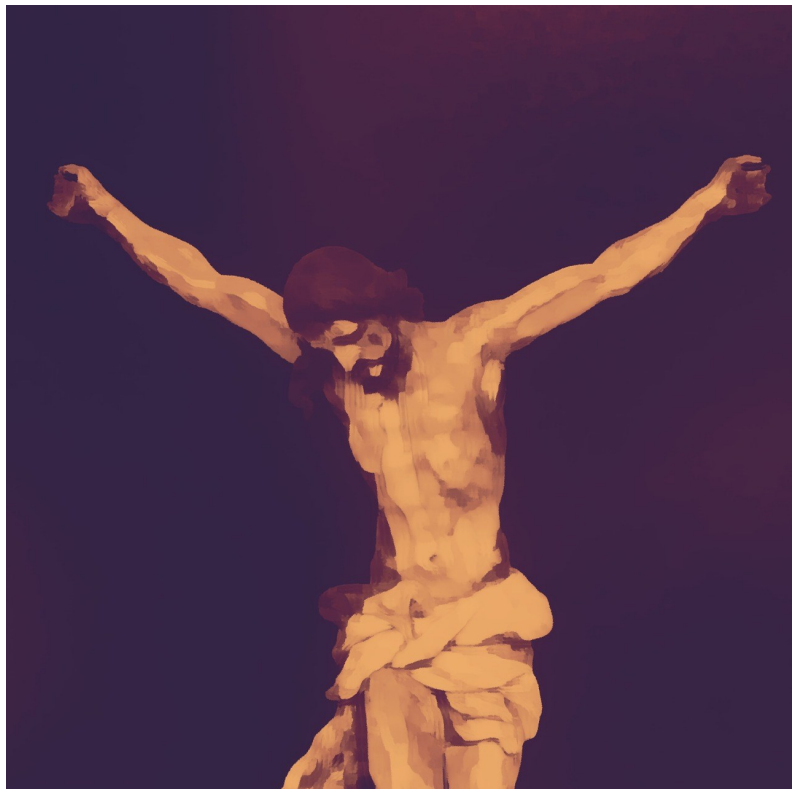
Invited
ADVENT 2023

SEASON IV — DISCIPLESHIP

Small Groups – Introduction & Set Up

Hello and welcome to Season Four of Invited, the Mission brought to you by the Catholic Diocese of Arundel & Brighton.

Thank you so much for offering to **help** with the Mission which is being hosted to help all of us to grow in faith, with this season in particular being offered to help us grow as Disciples of Jesus by providing a **deeper level of formation** as well as some practical challenges along the way. Suitable for those who have already said yes to Jesus and are looking for concrete ways to **conform their lives more closely to Christ**.



We are joined this series by a collection of amazing Diocesan and Religious priests, who offer their insights into what it means to make Jesus the Lord of our lives, how **we the Church can be the beacon of light this world needs**, and also how we can be transformed by all that Mother Church has to offer.

These resources are designed to support group leaders who would like to help others to really encounter Christ through prayer and discussion based on the films being hosted on the Diocesan website (www.abdiocese.org.uk/invited)

There are five weeks of this Invited season, to coincide with Lent and as you work through these resources, we hope and pray that you and the guests you are journeying with, will grow in faith as well as friendship.

How do I use the resources?

Each week the resources will be divided into five sections:



Prepare – these films are not a regular TV programme; they are an opportunity to encounter the Lord, so we offer some advice each week on how to be ready for that encounter.

(10 minutes)



Watch – Films are available on our website www.abdiocese.org.uk/invited our YouTube channel www.youtube.com/AandBcommunications and available for download on our Vimeo page www.vimeo.com/arundelandbrighton

(30-45 minutes)



Reflect – You will be given questions that you can discuss as a group or think about on your own. Pause the video to reflect.

(30-60 minutes over 2 breakouts)



Listen – Allow your heart and mind to be lifted towards heaven with our music recommendations. You may want to find the track before you start. You have a choice this season, to suit your music preference.

(5 minutes)



Pray – A short prayer is provided to draw each week's resources to a close, but please spend as much or as little time in prayer as is right for you.

(5-10 minutes)

Please note the text contained in boxes can be found in participants guide.

Pre-Session Checklist

- Do we have a suitable venue?
- Do the guests know where to go? Are there any special instructions?
- Are there enough leaders to facilitate a good conversation (small groups work best with approx. 8 participants)
- What refreshments are we providing?
- Do any of our guests have any additional needs that we need to accommodate?
- How will the group watch the films?
- How will we listen to the music? (Lyric videos are recommended to aid focus)
- Do our guests require printed copies of the participants guide or will they bring their own?
- Will you provide pens and paper or encourage people to bring journals?
- Pray for your guests and the success of your group meetings

During the sessions

- Make sure everyone feels welcome and comfortable. This can be done by getting to know more about your guests and making sure you encourage them to speak each other by helping them to find connections.
- Be comfortable about sharing your own faith story. Your authentic witness will inspire and encourage others. However be mindful not to overshare as you need to maintain appropriate boundaries.
- During the periods of discussion, follow the tips provided by the Alpha small group training video ([643\) Alpha Small Group Leader Tips - YouTube](#))
 - Ask open questions
 - Be encouraging (even if you don't agree)
 - Be yourself
 - Don't answer all the questions
 - Don't be afraid of silence
 - Rephrase the question if necessary
- Try to keep to the recommended timings.
- Make sure people know where to go for refreshments and/or the loo!

After the session

Take 15 minutes as soon as possible after finishing the session to reflect on how God moved during the time you spent together and how your guests responded.

1. Thanksgiving

Reflect and say a prayer of thanksgiving for specific ways the Holy Spirit was present in the group

- a. How did you experience the Holy Spirit helping you lead the session?
- b. How did you experience the Holy Spirit moving in the small group today?
- c. What were the positives from today's group?
- d. Were there areas for improvement?

2. Prayerful analysis

Ask the Holy Spirit to help you review the session. Think about each person in your small group as you prayerfully reflect on these questions.

- a. What are some indications that each guest grasped the main point of the session?
- b. Did you notice gaps in any guests understanding? Is the Holy Spirit inviting you to do anything over the course of this week to help anyone in their understanding?
- c. Are there any other ways the Holy Spirit is inviting you to intentionally care for or nurture one of your guests?

Remember—it is not your role to convert the hearts of your guests—that is the job of the Holy Spirit

"No one can say "Jesus is Lord" except by the Holy Spirit" 1 Corinthians 12:3b

Tips for leading prayer

- Ensure that your own personal relationship with the Lord is as strong as possible, with regular daily prayer and weekly Mass attendance. Consider receiving the Sacrament of Reconciliation prior to starting the journey with your guests as this will bring you into closer communion with Him.
- Be authentic. Do not attempt to assume an unnatural prayerful 'persona' – people will see right through that. Be real. Be genuine. Be honest and speak from your heart.
- Trust in the Lord. He is moving in this place. Let Him guide you.



SAFEGUARDING

In the unlikely event one of your guests reveals something that is of concern, you may find the following information useful.

See it Hear it Report it

Safeguarding is a term which is broader than child or adult protection.

Safeguarding children and promoting their welfare includes:

- Protecting them from maltreatment or things that are bad for their health or development.
- Making sure they grow up in circumstances that allow safe and effective care.

Safeguarding adults includes:

- Protecting people's rights to live in safety, free from abuse and neglect.
- It is about promoting well being, providing protection from harm and taking views, wishes, feelings and beliefs into account.

Abuse continues if secrecy surrounds it

Responding to a concern

- Ensure the immediate health and safety of the person – dial **999** if necessary.
- **Listen, reassure**, don't pass judgement or make promises about what will happen next.
- Do not put words into the person's mouth.
- Take into account the person's age and level of understanding, their culture and use of language.
- Do not interrogate the person but be **calm** and **reassuring**.
- Try not to be alone with the person.
- Be clear about what you are going to do next and when.
- **Do not promise total confidentiality** but explain that the information will be treated with great care and shared with specific professionals who need to know.
- Tell them who you will need to contact i.e. the **Safeguarding Representative** or **Safeguarding Coordinator**.
- **Make careful notes** including **dates** and **times** of the incident. **Sign** them and **keep them securely**.
- Consult the **Safeguarding Representative** or **Safeguarding Coordinator** as **soon as possible**.
- If none of the above is available, consult **Social Care Services** or the **Police** directly.
- Provide the person with some means to contact you and **be clear about arrangements for any further contact with you**.
- **Do not contact the person about whom the allegation or concerns are being raised** to tell them about the information – you could be putting a child or other adult in serious danger.

Safeguarding is everyone's responsibility, **but it is not for you to investigate** or decide whether or not abuse has taken place.

If you are concerned about the welfare of a child or adult talk to your **Safeguarding Representative** or **Coordinator**.

What is Abuse?



Abuse is a form of maltreatment

Someone may abuse or neglect a child or adult by inflicting harm, or by failing to act to prevent harm. Children and adults may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by others (including via the internet).

They may be abused by an adult or adults, or another child or children.

Abuse is the violation of an individual's human and civil rights and is always harmful.

Types of Abuse:

Adults

- Physical
- Sexual
- Psychological (including emotional)
- Financial or material
- Neglect and acts of omission
- Discriminatory
- Organisational
- Self neglect
- Domestic violence
- Modern slavery

Children

- Physical
- Sexual
- Emotional
- Neglect

Your Safeguarding Coordinator can advise you on different types of abuse.



Useful Contacts

The Diocesan Safeguarding Coordinator
Angela McGrory
T: 01293 651148
E: safeguarding@abdiocese.org.uk

www.abdiocese.org.uk

Emergency: 999
Police Enquiries (non-urgent): 101

For more detailed guidance visit: www.csas.uk.net

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With huge thanks to all our guest speakers.



Fr Toby Lees is a Dominican Friar and Priest. He was a lawyer for seven years before ditching the city suit for the white habit. Since joining the Dominicans he has studied in Cambridge, Oxford, and Rome, and more recently worked as a university chaplain at KCL, a hospital chaplain during COVID, and now works full-time as Priest Director of Radio Maria England. He is trying not to take this too personally as a statement that 'you have a face for radio'. He loves reading, long-distance pilgrimages on foot (longest so far 1,100 miles), old pubs, cricket, rugby, and football.



Canon Kieron O'Brien was ordained a priest in 1987. He spent some time as Curate in West Byfleet, he also acted as Secretary to Bishop (later cardinal) Cormac and was resident at the Venerable English College in Rome.

He spent 5 years as a Parish Priest in Crawley, 12 years in Chichester and is currently in East Brighton. Alongside his role as Parish Priest to this wonderful community, he is the Episcopal Vicar for Formation and for the Pastoral Plan, as well as Clergy Advisor for Safeguarding and a Trustee of Diocese.

His hobbies & interests include skiing and cycling, and has been known to cycle all the way to Lourdes!



Fr Thomas Mannion OP. Born on the Wirral, he felt called to the priesthood at an early age. Before joining the Order, he was employed in the Archdiocese of Westminster as a Catechetical and Youth Coordinator. Whilst studying Theology at Heythrop College, University of London, he stumbled across the Dominican Sisters of Mary Mother of the Eucharist which lead him to discover the Friars of the English Province on YouTube. He was ordained a priest in July last year. He enjoys ice skating, the history of the Papacy, and the writings of St. Thérèse of Lisieux.



Fr Kevin Dring has been a priest of the Diocese for 30 years and worked in various parishes, including 3 years as a missionary in the Peruvian Andes. He has been the Vocations Director and taught for a number of years in the seminary, training our future priests. He is currently parish priest in Eastbourne and always love the challenges and variety of parish life. A big and exciting challenge is always looking for new ways to share the joy and hope of the Gospel with those who do not yet know Christ or who have stopped practising their faith - everyone who wishes to do so should feel they have a place within the family of the Church!



Fr Gabriel Dobson OSB was born in Edinburgh the second eldest of 7, growing up in Buxton in the peak district. His was a practicing catholic family and he served in the local parish. He grew up going to Worth for Easters and retreats through what is now the LCSB (Lay Community of St Benedict). He went to university in Aberdeen to read Computer Science with a specialisation in AI. He joined the monastery in May 2005 shortly after his 24th birthday. I was ordained to the priesthood in 2015. Growing up his sport was Fencing. He has been enjoying a slight change in ministry for last couple of years as part of the Worth Abbey 'Monks in Brighton' team.

And the biggest thanks of all go to you, the small group leaders.

The good news of Jesus Christ does not spread by itself, it needs faithful witnesses who are willing to dedicate their time and energy to the mission. So thank you, for offering your gifts and talents this Lent, may the Lord bless you abundantly.

Don't forget to lookout for a special Easter message from Bishop Richard appearing on the website on Easter Sunday. If you would like to receive it directly into your inbox you can [sign up for it here](#)