

BEYOND REC 1

(25 minutes maximum 5-10 minute talk; 15 minutes grouping. No discussion, no poster, no summary sharing. This talk is given by an outside team member who groups regularly.)

Please limit your talk to 5-10 minutes maximum. In order to successfully complete the program every effort must be made to be on schedule. Time is of the essence and your cooperation is extremely important. This is not a witness talk, please stay within the outline.

Open with a short prayer.

Purpose: To provide the men with different ways and methods to lead a Christ centered life. You will share with the men how to develop the relationship with God mentioned in the Inmate Life talk. You will go deeper into the subject and share what methods do you use to cope with life by leaning on Christ. At the end you will go through the format of grouping.

Points to cover in your talk:

1. Refer to the Inmate Life talk and the relationship with God mentioned in it. You will now explain how you have developed that relationship outside a correctional facility. Mention different ways to keep in touch with God applicable inside or outside a correctional facility: prayer, mass, palanca, spiritual direction, meditation, etc.
2. Grouping. How do you group? When do you group? Why do you group? Grouping allows you to use several tools in one method; reading, listening, praying, practicing, acting, etc. This is an effective way to build community. Refer to the People of God as a Community of Love talk. Use the blackboard and go through the format of grouping: a small group of people make the commitment to meet once a week to support each other. We open with a prayer and we talk about:

Relationship with God,
Education about God, and
Caring for others.

Notice the acronym. This will make it easy for the men to remember what to do when grouping. These are the 3 main parts of our spiritual life. Briefly go into each one of them.

Relationship with God: Think of it as your relationship with your best friend. Do you visit this friend? Do you talk to this friend? Do you please this friend? In other words, do you pray, do you attend church, do you receive communion, etc.

Education about God: What have you learned about your God lately? Different ways of learning: reading, group discussion, tapes, listening, videos, movies, music, guided meditations, Bible study, etc. In some facilities the chaplain may have special programs; check it out.

Caring about others: Putting your christianity into action. What have you done lately to help other

brothers in need? Refer to the Christian Action talk.

You will be inviting the men to try to group after the weekend is over. This method is working for you on the outside and may work for them on the inside if the facility regulations allows them to group. Check with the Chaplain if grouping is possible before or after weekly mass or if the chaplain can be of help to facilitate the grouping. Tailor your talk to the reality of the facility. Maybe they can group in their dorms, in the yard. Grouping doesn't have to be like it is done outside holding hands, sitting around a table and may be sharing a meal. It can be as informal as two people walking around the yard sharing about the 3 main parts of their spiritual life. The merit is in persevering and grouping regularly. Explain that it is not necessary to cover each area in detail. Sometimes we have a lot to say, sometimes we don't have much to say. Refer to the People of God exercise; see page 62.

Ask the table leaders to start and guide the exercise at each table. Watch the time. After the exercise is complete you will announce the time and date for the reunion and also the monthly follow-ups. Explain that it is very important for the residents to attend the follow-up meetings to keep the REC community alive. If they haven't been able to meet and share with other REC'ers these meetings offer the opportunity to get together at least once a month. A small group of outside team members will come to support and help them. Explain that he will be grouping at these meetings as a way to build community by helping and supporting each other.