



**Pastoral
Discernment**
Central Coast

Individual Reflection Guide



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DIOCESE OF
BROKEN BAY



As we Journey forward together we are invited to consider,

How is God calling the people of the Central Coast to journey forward together as pilgrim and missionary people of God?

Welcome

Thank you for participating in the consultation phase of the Pastoral Discernment, Central Coast project. In this phase of the project, you are invited to give God thanks for the way in which the Spirit is at work in the life of the local Church, and to consider new possibilities for both the growth and future of the region.

You are invited to participate in the consultation process, along with the people of the Diocese, to respond, reflect and share your insights, at the service of shaping an **individual response** for the Pastoral Discernment Submission.

This **Individual Reflection Guide** has been developed to support individuals within the community, who may wish to discern and make an **Individual Pastoral Discernment Submission** for consideration.

In responding to the Pastoral Discernment themes, you are invited to:



RECALL YOUR EXPERIENCES: What experiences of the region of the Central Coast does this question call to mind?



RE-CONSIDER THESE EXPERIENCES IN GREATER DEPTH: What joys did they bring? What difficulties and obstacles were encountered? What wounds did they reveal? What insights have they elicited?



GATHER THE FRUITS TO SHARE: Where in these experiences does the voice of the Holy Spirit resound? What is the spirit asking of you? What are the points to be confirmed, the prospects for change, the steps to be taken? Where do we register a consensus? What paths are opening up for the local community of the Central Coast?

The pastoral discernment invites you to reflect, respond, and review the circumstances, opportunities and challenges with a view to ensuring a sustainable and thriving ecclesial community exists for the Central Coast region of the Diocese. Journeying forward together requires us to discern, as a community, our context through connection, prayer, reflection, sharing with one another and seeking God's direction. We invite the Holy Spirit to guide us as we begin this journey. All are welcome to participate in the discernment consultation.

STEP 1: Review each question

Gather the resources you need. Make sure you are sitting comfortably. Breathe slowly and deeply. Ask God to speak to you through the questions that you are about to read. Read the 6 themes and guiding questions, which can be accessed at www.bbcatholic.org.au/pdcc webpage.

Read and reflect on your chosen questions in silence. Reflect on your personal experience of faith, life and the Church related to these questions. Slowly and thoughtfully, read the questions for the first time.

What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.

STEP 2: Take time to reflect

Slowly and prayerfully, read the questions for the second time.

The second reading focuses further on the points you became aware of during the first reading. Ask how this word or phrase speaks to your life and why it has connected with you.

Reflect carefully on where God has nudged you. What feelings are arising within you? Sit in silence and then frame a single sentence that expresses what this word or phrase says to you.

Possibly read the questions for the third time. Sit quietly in God's presence, asking, "What are you saying to me?" Rest in God's love and listen.

STEP 3: Respond

It might be helpful to jot down in a journal what arose during this time. Make a note of all the responses to the questions that come to mind. What did you speak to God, and what did God offer you?

As you end your reflection, you are invited to close with an Our Father, Hail Mary and Glory Be or to say a prayer of gratitude in your own words.

You may choose to close with the Pastoral Discernment prayer.

STEP 4: Submit your response

Your voice is important as it conveys the main fruits of the discernment of the whole People of God across the Central Coast.



It is recommended that your response be captured in a short summary of no more than 300 words.



Pay particular attention to your lived experiences, both positive and negative. Your response should be faithful to whatever emerged from your reflection, rather than a series of generalised or doctrinally correct statements.



Overall, your individual response should capture what the Holy Spirit has inspired you to see, including the present lights and shadows, and in what ways the Holy Spirit is inviting the community of the Central Coast to grow.

The synthesis of your discernment will result in the shaping of an individual pastoral discernment Submission, which you are invited to submit online, by 31 March 2022.

The Submission form can be accessed at www.bbcatholic.org.au/pdcc which will also include an upload function to allow additional documents to be provided to support your submission.

Pastoral Discernment submissions close 31 March, 2022.

For further information and regular updates visit www.bbcatholic.org.au/pdcc or email Patti; PDCC@bbcatholic.org.au