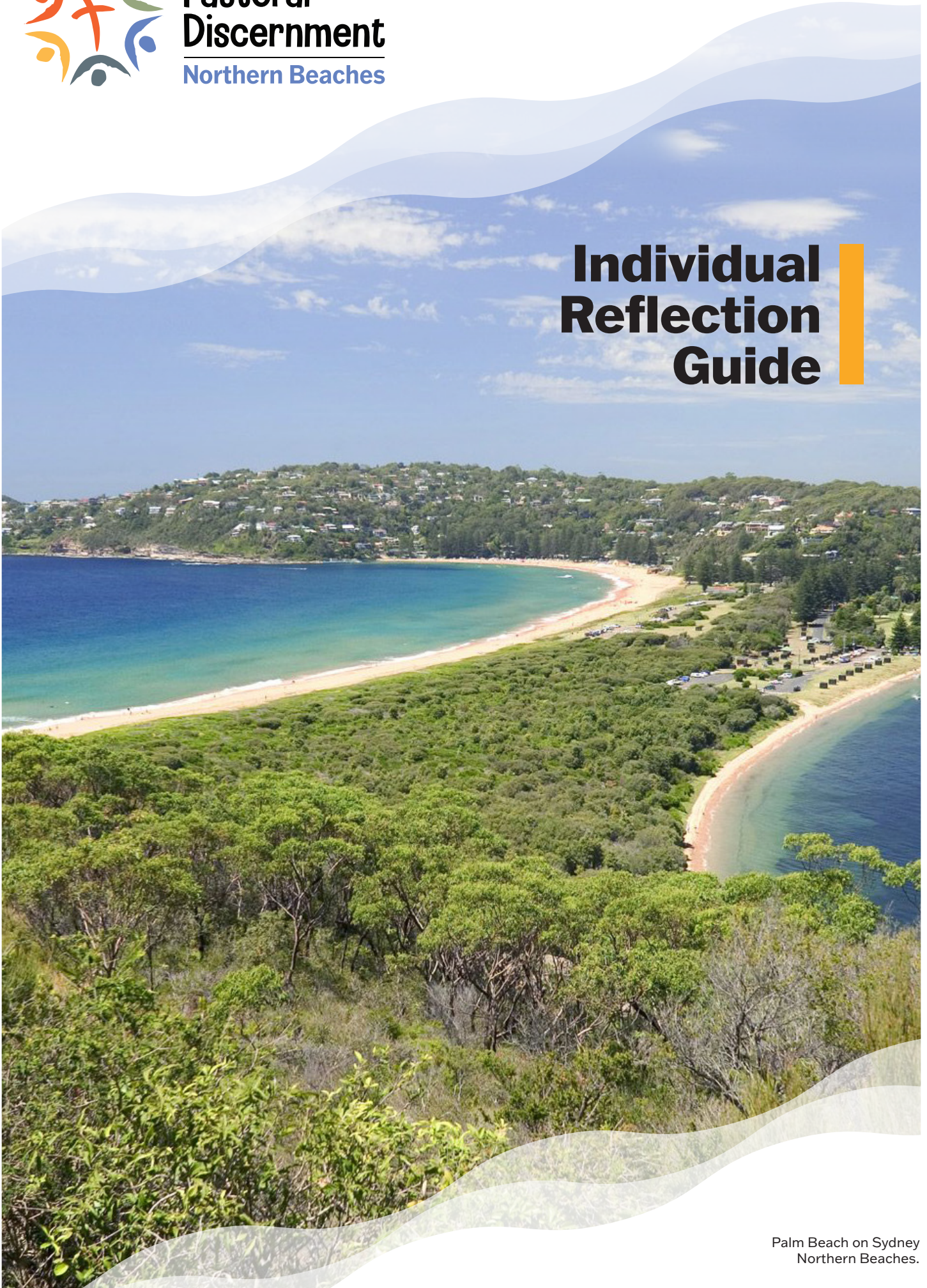




**Pastoral  
Discernment**  
Northern Beaches

# Individual Reflection Guide



Palm Beach on Sydney  
Northern Beaches.

As we journey forward together we are invited to consider:

## How is God calling the people of the Northern Beaches to journey forward together as pilgrim and missionary people of God?

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### Welcome

Thank you for participating in the consultation phase of the Pastoral Discernment, Northern Beaches 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.

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.

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.

## In responding to the Pastoral Discernment guiding question/s, you are invited to:

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### RECALL YOUR EXPERIENCES

What experiences of the region of the Northern Beaches does the guiding question/s 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, and the steps to be taken? What paths do you see that may open up for the local community of the Northern Beaches?

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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 Northern Beaches 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.

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## Your Individual Reflection Guide

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

The following five steps below outline the process for you to consider as you engage in an individual (personal) time of reflection.

**Step 1** Prepare

**Step 2** Pray

**Step 3** Reflect

**Step 4** Respond

**Step 5** Submit

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### STEP 1 Prepare

Gather any resources that you may need. Make sure you are sitting comfortably, free from distractions.

Breathe slowly and deeply. Ask God to speak to you during this reflection time.



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## **STEP 2** **Pray**

Begin with a significant time to engage in personal prayer with scripture. To assist, you may like to use one of the following or prepare your own;

**Psalm 133:1** 'How very good and pleasant it is when kindred live together in unity'.

**1 Cor 12:13** 'For in the one Spirit we were all baptised into one body'.

**Matt 5:14-15** 'You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and gives light to all in the house'.

**Proverbs 2:2** 'Making your ear attentive to wisdom and inclining your heart to understanding'.

**Luke 24:13-15** 'That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them'.

You may also choose to listen and reflect on a song before you begin your personal reflection.

### **I WILL SING FOR YOU** Deirdre Ni Chinneide

<https://www.youtube.com/watch?v=2EsatYyzuxw&list=RD2EsatYyzuxw&index=2>

### **JIREH by Maverick City Worship & Elevation Worship** (cover by Cross Point Music)

<https://www.youtube.com/watch?v=nC8HCAg9eRE>

### **SWEET SUNSHINE** by Gus & Iggy

<https://www.youtube.com/watch?v=sLAFwq5jxio>

### **THE SPIRIT AND THE BRIDE** by Matt Maher

[https://www.youtube.com/watch?v=k\\_OfB2mZdfA](https://www.youtube.com/watch?v=k_OfB2mZdfA)

### **WE COME TO YOU** by Josh Blakesley

<https://www.youtube.com/watch?v=KryPlpZ6ViM>



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### **STEP 3** **Reflect**

Read and reflect on the consultation guiding question/s in silence. Reflect on your personal experience of faith, life, and the Church related to these question/s. Slowly and thoughtfully, read the question/s for a second time.

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

Slowly and prayerfully, read the questions for a third time.

The third reading focuses further on the points you became aware of during the first and second 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 question/s again. Sit quietly in God's presence, asking, "What are You saying to me?" Rest in God's love and listen.

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## **STEP 4** **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?

At the end of your reflection time, you are invited to close with an Our Father, Hail Mary, and Glory Be. You can use the words below, or you might like to say a prayer of gratitude in your own words.

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## **STEP 5** **Submit**

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

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 Northern Beaches 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 1 July, 2024.

The Submission form can be accessed at:

<https://forms.office.com/r/3Uis368ci0>

Additional documents to support your submission can be uploaded at [www.bbcatholic.org.au/pdnb](http://www.bbcatholic.org.au/pdnb)

**Pastoral Discernment Submissions close 1 July, 2024.**

For further information and regular updates visit

[www.bbcatholic.org.au/pdnb](http://www.bbcatholic.org.au/pdnb)

or email Patti Beattie; at [PDNB@bbcatholic.org.au](mailto:PDNB@bbcatholic.org.au)