



OLFF Newsletter--November 2022

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Diocesan Year of the Eucharistic Revival



We are five months into the diocesan year of the [National Eucharistic Revival](#). These are three important developments:

1. We now have our own ***Diocesan Prayer for Eucharistic Revival*** available in English, Spanish, and French. Downloadable graphics for sharing on social media and templates for printing are available on the diocesan website. <https://portlanddiocese.org/diocesan-prayer-eucharistic-revival>
2. Almost 200 people from across the state participated in one of the regional parish leader days focused on the Real Presence of Christ in the Eucharist. Participants were challenged to grow personally as well as begin to discern how the Holy Spirit is inviting their local parish community to join in the grassroots movement of the Eucharistic Revival. During these days I gave participants three assignments:
 - Personal Witness Challenge = ***Craft a 3-5 minute response to at least one question***
 - **Why do I participate in Mass?**
 - **Who or what helped me to believe that Jesus Christ is truly present in the Eucharist?**
 - **How has believing that Jesus Christ is truly present in the Eucharist impacted my life personally?**

- Key Teachings=put five key Catholic teachings on the Eucharist in your own words based on primary references like the Catechism of the Catholic Church (CCC) and the United States Catholic Catechism for Adults (USCCA)
 - o **Eucharist (CCC 1322-1419, USCCA Chapter 17)**
 - o **Real Presence (CCC 1374-1381, USCCA p. 223-224)**
 - o **Transubstantiation (CCC 1357, USCCA p. 226)**
 - o **Perpetual Sacrifice (CCC 1357, 1382, 1544, USCCA 220-222)**
 - o **Holy Communion (CCC 1331, 1382, 1384, 1416, USCCA p 224-225)**
- Prayer and discernment for the next phase of the Parish Revival Year (June 2023-June 2024). Join with your pastor in discussions about questions such as:
 - o **What is our dream for our parishioners during the Eucharistic Revival?**
 - o **What does the parish do best? How can this be utilized to engage people in eucharistic revival?**
 - o **How are we in relationship with those people who only come to Mass occasionally? Who are those best able to make personal connections with these people to know that they are still loved and cared about as a member of the Body of Christ?**
 - o **What will we stop doing or do differently to allow space to spend time with Christ as individuals and groups within the parish?**

3. OLFF will resume hosting Regional Evenings for Catechists in March 2023

- **Sunday, March 19 2:00-4:30pm Holy Rosary Parish Center, Caribou**
- **Monday, March 20 5:30-8:00pm Notre Dame Church Hall, Waterville**
- **Tuesday, March 21 5:30-8:00pm St. Maximilian Kolbe Church Hall, Scarborough**
 - o The presenter will be Deacon Matthew Halbach, PhD (Sponsored by William H. Sadlier Religion) and will help participants focus on "Forming Eucharistic People." A flyer with costs and registration information for the following dates will be available in January.
 - o Updates and resources will be shared regularly on a dedicated webpage www.portlanddiocese.or/Eucharist, in the Weekly Mailing sent from the Communications Office, and in this newsletter.

Psychological First Aid Recap



October 29, 2022, marked the final organized diocesan date for Sweetser-sponsored trainings in Psychological First Aid, with trainer Maggie Norbert. Kudos to the **120 diocesan individuals** who participated in our scheduled trainings, from May to October. This response speaks to the concern and interest of so many who take the pastoral care of parishioners, family, and friends very seriously. Many who were unable to attend a training, due to outstanding circumstances, have inquired about the possibility of accessing future trainings.

While OLFF will not be scheduling more training dates, please know that we will be supporting Maggie and Sweetser in their follow-up small group gatherings. More information will be forthcoming. As well, any individual or group may **reach out directly** to Maggie Norbert at Sweetser, to join one of her virtual trainings, which would include diverse participants from Maine. Parishes may also request follow up and added training sessions for their communities (parish groups, parents/guardians, etc). Maggie's contact info is mnorbert@sweetset.org.

Thank you for a unified effort to care for ourselves and each other in our Catholic diocese of Maine. As one trainee shared, *“Participating in Psychological First Aid training not only helped me in my direct contact and relationships with parishioners but with increased understanding of my parent who is facing the changes, challenges, and joys of aging....”*

Monthly Leader Learning Session



OLFF will facilitate monthly learning sessions for those currently leading parish efforts in catechesis, youth ministry, and sacramental formation. Modeled on the disciples' encounter with Jesus Christ on the Road to Emmaus (Luke 24:13-35), parish and diocesan leaders will engage each other for one hour on a specific topic, following three movements:

Listen: What are you discussing as you walk along? (Prayer, Introductions & Prompt Question about Local Experiences)

Learn: Jesus interpreted to them what referred to him in all the scriptures (Delving into Scripture, Tradition, Teaching & Best Practices)

Lead: they recounted what had taken place on the way and how he was made known to them
(Conversation, Questions & Application)

Identifying and Training Small Group Leaders

November 28, 2022

1-2pm or 6:30-7:30pm

Advent Reflection: What Are You Waiting For

December 19, 2022

1-2pm or 6:30-7:30pm

Next at LFFA





On December 1 Erin O' Leary will give an Advent reflection as part of our LFFA meeting. We are excited to have Erin with us and can't wait to hear all that she has to share with us.

Get to know Erin O' Leary

Erin works as the Director of Faith Formation at Church of the Holy Name in Minneapolis, MN. Her ministry focus is on catechesis, formation for all ages, sacramental preparation and discipleship. Erin has been working at some Catholic school or parish in the Twin Cities for 30+ years and attended St. Catherine's University and the University of St. Thomas.

Fruits from the Vineyard



The Church begins a new liturgical year with the First Sunday of Advent; in 2022 this will be **Sunday, November 27**. Here are a few places where you can find free resources to share with the adults and families in your local community:

- Diocese of Portland <https://portlanddiocese.org/advent>
- William H, Sadlier <https://www.sadlier.com/religion/advent-resources>
- USCCB [Advent Wreath Prayer](#) [O Antiphon reflections](#)
- Sophia Institute <https://sophiainstituteforteachers.org/elesson/teaching-the-liturgical-year>
- RCL Benziger <https://store.rclbenziger.com/content/advent-0/>
- OSV <https://www.simplycatholic.com/category/advent/>
- Loyola Press <https://www.loyolapress.com/catholic-resources/liturgical-year/advent/>
- Franciscan Media <https://www.franciscanmedia.org/pausepray>
<https://www.franciscanmedia.org/sharing-the-word>
- Catholic Apostolate Center <https://www.catholicapostolatecenter.org/advent.html>
- Ave Maria Press <https://www.avemariapress.com/aveexplores-advent-2022>
- Ascension Press <https://media.ascensionpress.com/category/ascension-presents/rejoice-advent-meditations-with-the-holy-family/>
- Archdiocese of Boston <https://www.evangelizeboston.com/advent-resources/>

Inspiration



I (Hannah) frequently listen to the K-Love radio station in the car. During their pledge drive the hosts told a story about a Christian artist who was helping with a service project where they were giving out food, clothes, and toiletries. At one point the group ran out of razors and the Christian artist volunteered to run to CVS and get some. When he was there, he was tempted to get the cheap ones--the ones that come in a pack and cost less than a dollar, but something stopped him. In his heart he heard Jesus ask, "what would you get for yourself?" The Christian artist responded, "the best." Jesus then asked him "if I needed a razor what would you get for me?" Again, the Christian artist responded, "the best." He then realized that God was calling him to deeper generosity, to give the best to those the world considers least of these, to give freely to those less fortunate.

Thanksgiving is a time where we give thanks for the blessings before us, but it can also be a season that calls us to a deeper generosity. Let's let Thanksgiving be a reminder to us of the blessings we have and the blessings we can give to others. Let it remind us that we are called to give our best to those who as Mother Teresa of Calcutta would say "are Jesus in disguise."

Prayer

Immortal God, Holy Lord
Father and Protector of all You have created,
We raise our hearts to You today for those
who have passed out of this mortal life.

In Your loving mercy, Father of all
be pleased to receive them in Your Heavenly company,
and forgive the failings and faults they may have done from human frailty

Your only Son, Christ, our Saviour,
suffered so cruelly that
He might deliver them from second death.
By His merits may they share in the glory
of His victory over sin and death

For all the faithful who have died we pray,
but in particular for those dear to us,
parents, relatives, and friends.
Nor do we forget all who did good to us while on earth
who helped us by prayers, sacrifice and example.
We pray also for any who may have done us harm,
and stand in special need of Your forgiveness.

May the merits and prayers of our Virgin Mother,
Mary, and all those of Angels and Saints,
speak for us and assist them now.
This we ask in Christ's name.

Amen!



Taken from: [Daily Prayer for the Holy Souls](#)