



Using the *Spirit Alive!* DVD Effectively

General information

As part of the diocesan *Spirit Alive!* initiative, Bishop Clark has recorded a DVD that is designed to be used throughout the three seasons of our Spiritual Renewal. It is being released during Lent of 2008, but it is appropriate to use it at any time. In fact, as people become more involved in the Spiritual Renewal initiative, they may want to view the DVD again.

The DVD is divided into four segments, each approximately 20 minutes in length. It is based on the three movements of seasons of *Spirit Alive!*

- growing in relationship with Jesus
- growing in knowledge and understanding of the Word
- Growing in discipleship and stewardship

Each segment ends with questions that the Bishop poses. The DVD's design presumes that the people who are participating in the retreat have spent some time in thought on the previous segment and that they have engaged in active reflection on the questions the Bishop poses. Faith sharing is encouraged but not expected.

The prayer Bishop Clark uses to begin the first session is also available on the website.

Using the DVD

It is Bishop Clark's wish that as many people as possible have an opportunity to participate in this DVD retreat. Therefore, parishes are urged to offer several different opportunities for individuals and groups to use the retreat. It is not limited to the Lent/Easter/Pentecost season and can be used at any time during the *Spirit Alive!* initiative. Some people may benefit from viewing the retreat more than once.

There are several ways you can use this DVD retreat.

- Schedule parish sessions (3 or 4) and host groups to experience the DVD retreat. Plan on an hour-and-a-half for each session. Begin by having people introduce themselves and then pray the *Spirit Alive!* prayer. After viewing the DVD, give people a short break (10-15 minutes) and ask that they consider the first set of questions. (What did you hear? etc.) When people come back together begin by sharing responses to the first questions. Then move on to the questions for personal reflection. When the group is ready to break up, ask people to reflect on the questions Bishop Clark posed at the end of the DVD session and remind them you will begin the next session by giving people an opportunity to share their thoughts on those questions. The questions posed for further reflection can be used if people wish. (After the first session begin by asking people to share their reflections on the questions the Bishop posed at the end of the last session or any other reflections they would like to share. Then view the DVD).
- Make copies available to every family in your parish. Encourage them to commit to spending four hours over the course of a few weeks watching the retreat and discussing the questions the Bishop poses.
- Make a limited number of copies and set up a schedule for individuals or groups to borrow the DVD.
- Encourage people to order a copy of the DVD for their own use and order in quantity from a duplicator. The study guide will be available on-line as a word document that can be downloaded.
- Send home a copy of the DVD to your housebound and ill parishioners along with a copy of the DVD. Recruit volunteers to go to homes to talk with these people about the DVD.
- Be sure senior citizen and nursing homes have copies of the DVD. Encourage small groups and/or individuals to view the DVD at their own pace.
- Encourage groups of your volunteers or groups that gather to commit some time to viewing this DVD together.
- Use the DVD for a staff retreat or a school retreat.
- Use the DVD with teens for a weekend retreat.
- Offer individuals who have viewed the retreat times when they can gather with others who have viewed the retreat individually to share their experiences.
- Encourage families to view the DVD together and to talk together about the experience.